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# SANDOW'S MAGAZINE

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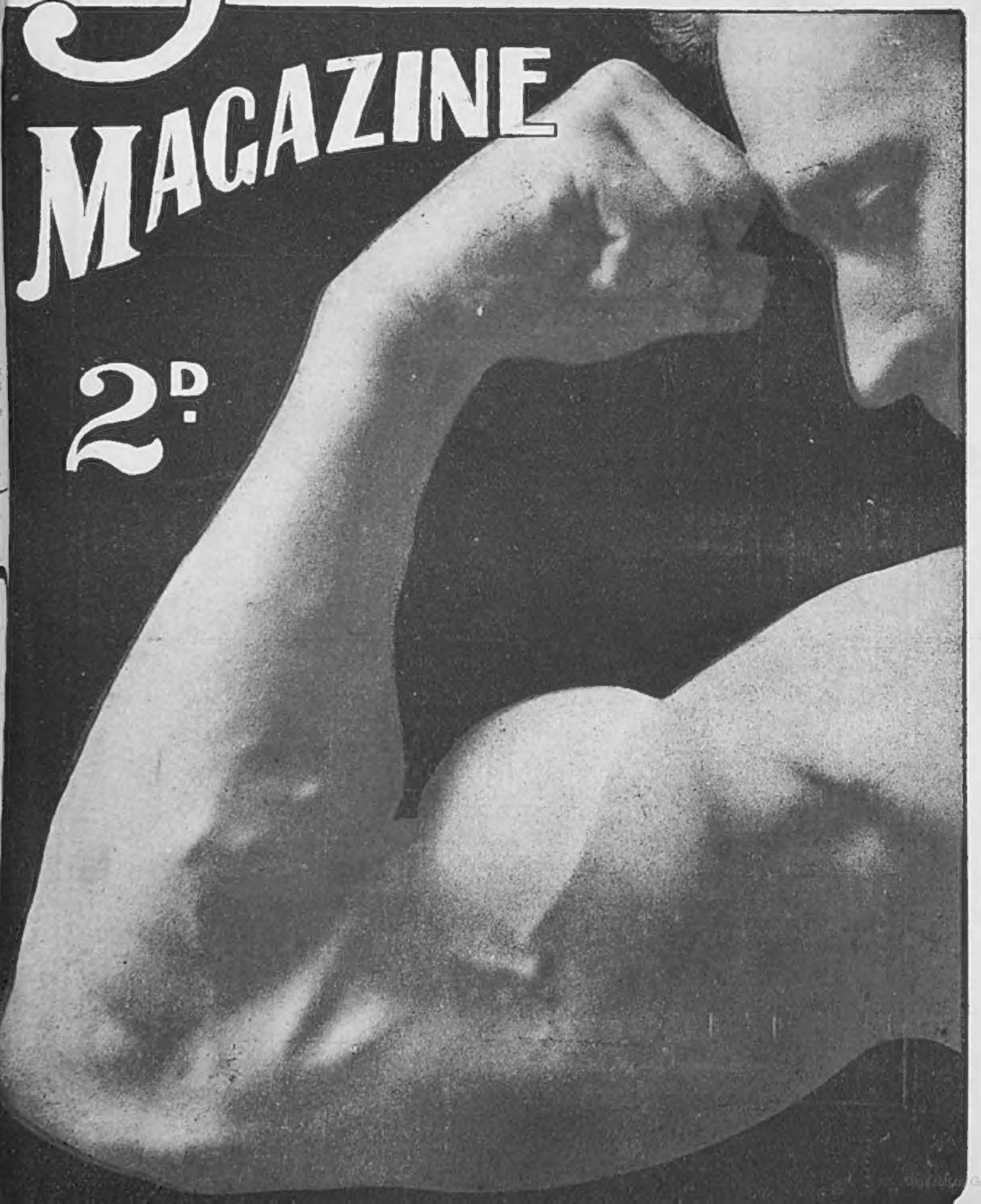

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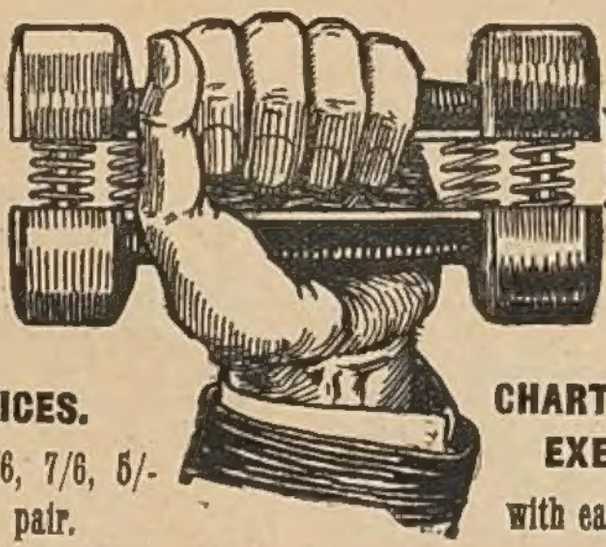

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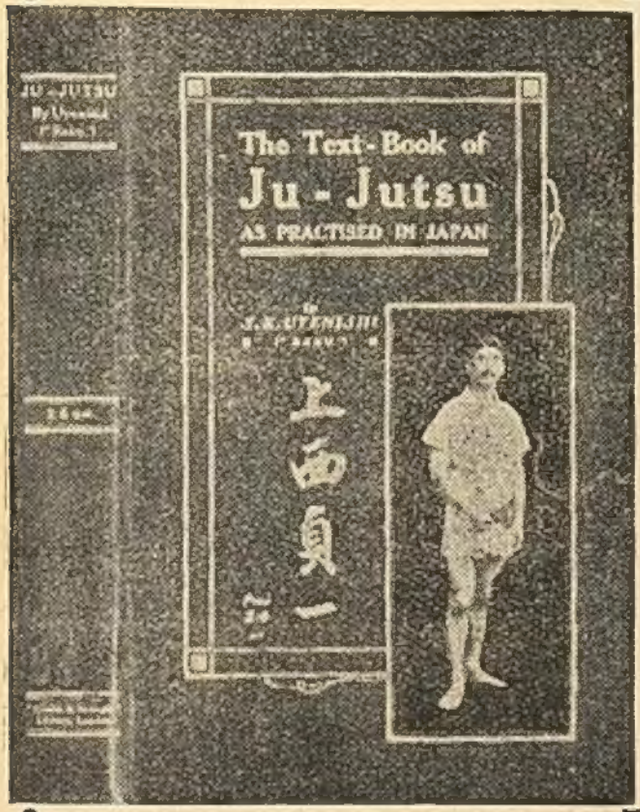


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(Est. 1898). VOL. XVII. No. 24. DECEMBER 13, 1906.

# SANDOW'S MAGAZINE

. . . OF . . .

## PHYSICAL CULTURE

EDITOR: EUGEN SANDOW.

MOTTO:—*Mens Sana in Corpore Sano*—A SOUND MIND IN A SOUND BODY.

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## NOTES FROM MY NOTE-BOOK.

BY THE EDITOR.

I TOOK occasion recently to refer in these columns to some correspondence that recently appeared in a Kidderminster paper concerning the remarkable lack of interest shown in physical culture in the carpet country. Both for the benefit of the writers of those letters, and as a matter of sheer justice to the young men of Kidderminster, I am now pleased to be able to give equal publicity to a letter from a magazine reader, in which he shows that physical culture is at least not quite dead in that busy centre.

"I very much regret," he writes, "that the two letters which appeared in our local paper have come before your notice. But I think it is my duty to let you know that although physical culture seems so dead at Kidderminster, it is not quite so bad as the writers of those two letters think it is. At the beginning of last winter, I started a class in connection with Baxter Church, and I have succeeded in obtaining fourteen regular attenders, all of whom now believe that physical culture is not only what we want, but what we must have to ensure health and strength."

---

THIS is in itself good news, and I am pleased to give publicity to this part of Mr. Kinch's letter for the benefit of those resident in Kidderminster and district, as the previous letters undoubtedly gave a false impression. Indeed, not only is there a class conducted by Mr. Kinch in that city, but there is also one connected with the Baptist Church, as well as a local gymnastic club, both of which are well patronised. So that, far from being the benighted spot it was represented by the writers of the previous letters, Kidderminster is well up-to-date in physical culture matters.

---

THE "Pillow or no pillow" question has brought me several interesting letters. Mr. C. H. Edwards, of Redruth, writes:—

*Re* your invitation for critical response to a paragraph, 'Pillow or no pillow,' I should like to write a few words. You can frequently see

in the bed-rooms of visitors to Cornwall pillows cast aside and not used. I once heard of an incident of a young lady, who being made to sleep without a pillow, in the night visited her parent's room in her sleep and took away their eider down quilt, which next morning was found rolled up and acting as a pillow. I should think that most of your readers, who look after the carriage of their body by day, would not be affected by using a pillow in any way. For that matter Sandowites could sleep under the bed and get a good night's sleep.

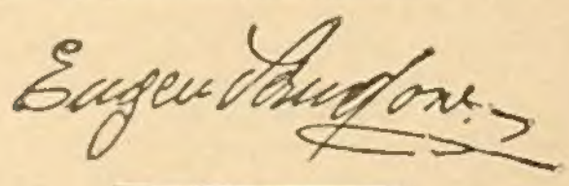
---

MORE serious in tone is another communication on the same subject that reaches me from an Accrington reader, who is a firm believer in the non-pillow theory.

"I think," he writes, "that when you lie on one side you press that side nearer to your heart and so impede the circulation of the blood. Again, I think that when a person sleeps with a pillow under the head it stretches that side of the neck so as to make it very unsightly. Personally I have tried to sleep on both sides, but I think that sleeping on the front part of the body with the head turned to the side is the most comfortable position as the muscles are all relaxed."

---

THERE is undoubtedly much truth in this, and I know quite a number of physical culturists who find this method the most reposeful and eminently conducive to sleep. I may say that a very good plan for those who find a pillow inconvenient is to raise the end of the bed on which the head rests slightly above the level of the other end, thus assisting in the equable distribution of the blood. In this matter, each must choose for himself, and one of the strongest and healtiest men I know invariably curls himself in a ball in bed and argues that this is the most natural position, being the one mostly adopted by young children and animals.



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In Abyssinia it is considered a crime to smoke. The law forbidding tobacco was at first intended to prevent priests from smoking in church, but it was taken too literally, and nowadays even foreigners have to be careful not to be seen smoking.

## HEALTH LAWS.

IT is rather curious that many of the ills which make life a wretched affais are caused by our daily actions. Sitting on chairs, for instance, is "the cause of nearly all our ills in regard to the spine," according to a surgeon of repute. It would surprise the layman to know how many men, women, and children who pass muster in the street or the dancing-room suffer from deformity of the spine. They are the surgeon's best customers. Dr. Gowers, one of the greatest authorities on diseases of the nervous system, brings another charge against chairs. If one habitually sits on a hard chair, he says, the pressure of the edge is likely to give rise to sciatica. This is worth remembering, for there must be thousands of people who spend large sums trying to cure their sciatica, while they are all the time adding fuel to it by sitting on hard-edged chairs. This same disease, as well as the still more painful one of lumbago, are caused by other everyday habits. In hot weather people sit, without thought of consequences, on the grass, the sands, and, worst of all, on rocks. Perhaps they escape for the time, but as soon as the first touch of winter comes the lumbago and sciatica make their appearance. Then, in the morning tub we have the seeds of rheumatism. Sooner or later this daily chilling of the feet produces that inflammatory condition of the joint cartilages which results in crippling rheumatism. A simple precaution is to use a cork mat or a piece of wood for standing on in the bath-room. Perhaps the inventor of oilcloth has been the greatest enemy of those predisposed to rheumatism. Even when wearing thick boots, if you stand much on oilcloth, you can scarcely escape rheumatism in the feet. If you cannot afford carpets, stain the floor, and you will be saved much suffering.

---

## SANDOW AND COMMON SENSE.

EVERYONE, says a writer in the *People's Friend*, knows "Sandowism," more or less. Regular practice with light dumb-bells through a whole catalogue of alternate and widely varying movements; the systematic use of developers, chest expanders, grip machines, and all the other paraphernalia of the schools—such are its chief articles of faith as I understand it. And then you have that cardinal point insisted on in season and out of season—the undivided concentration of the will power on to the particular muscle being exercised. Which method is the correct one then; or rather, which is the better? (referring to a very famous wrestler's system). It's a question for experts, and they will always differ. Discussed through all its pros. and cons., too, it would mean the writing of a book. Common sense, however, provides an indication.

And the conclusion I arrive at is this—If you are content with simply a "tonic" system, if you do not aspire to abnormal strength, or to excel in athletic feats, but only want beneficial exercises as an adjunct to a sedentary life, and are satisfied to know the A B C of the business—adopt Sandowism.

## "THE GREATEST OF THESE IS—"

### PHYSICAL CULTURE, says Dr. F. C. Jefferiss

"TRAINING ought to be of a threefold character," said Dr. F. B. Jefferiss at a meeting of the members of the Rochester Adult School, Northgate, "mental, physical, and moral, but the greatest of all these was the physical."

The subject under discussion was "Physical Deterioration," and Dr. Jefferiss dealt with it from two points of view. Firstly, is the human race degenerating? And if so, how is it to be prevented? Going closely into it, he answered the first question in the affirmative, and the lower they went into the social scale the greater seemed the degeneration, and the harder the struggle for existence the more marked it was. He spoke of the poor physique of the employees, male and female, in our great industrial centres, and asked the reason for it. Their work had not been the cause, for as a rule that was performed under favourable conditions. Next he referred to another class—the soldier. The standard of measurement necessary for a recruit had recently had to be lowered, in order to get the required number of men for the army. Why was this? It was not because men were being recruited from a different class. The questions naturally arising were as to whether this impeachment of the national health is true of the population as a whole or only of a certain section of it. Statistics appeared to show that progressive improvement of the national health had steadily followed the improved conditions of life which have been brought about with the advance of sanitary knowledge and its application. It was also pointed out that athletic records were constantly being broken for all sorts of feats of strength, agility, and endurance, facts that seemed to indicate that the physique of the well-to-do classes, at least, was improving rather than deteriorating. It was nevertheless true, and the fact was a disquieting and disturbing one, that a very large proportion of the men who offered themselves for enlistment in the army were physically unfit for military service. Whether part of the physical deterioration is the result of unskilled labour flocking to the towns and there failing to find means for properly rearing a family, or whether it be on account of causes which are attackable, such as early marriages and the ignorance of mothers, the result is that the rising generation of all below the artizan class includes a vast number of persons of both sexes, of a very low standard of health and physique. He proceeded to deal with a number of individual organs of the body which appeared to be degenerating. He dealt at some length with the ignorance of young mothers and of many of their kind and well meaning advisers as to the way children should be fed and cared for. To him the high death rate was no surprise; the fact that so many children survive was the wonder. He pointed out that in our hands was the training of the coming generation, and this training ought to be of a threefold character—mental, physical, and moral, and in his opinion the greatest of all these was the physical. Given a sound body to work upon, the rest might be attained. All their energies in the past had been to educate the mind; it was only in recent years that hygiene had been taught in schools. Three of the most potent factors of evil were over crowding, alcoholism, and insufficient or imperfect food. He proceeded to deal briefly, but in a most instructive way with each of these problems, in the solving of which our hope lies in the next generation.

---

Just as far as tea stimulates the feelings above par, will be the reaction below par when this influence is exhausted; and the individual who has become a slave to its use will in all probability seek a stronger stimulant, perhaps in the form of alcoholic drinks.

# ARTICLETTES.

## A COLD IN THE HEAD.

Discussing the ever seasonable question of colds, a prominent practitioner recently said, "Medical science has yet to discover precisely what a cold is.

"Its cause? A sudden change in the weather, a chill caused by getting wet, leaving a warm atmosphere for a cold, insufficiently clad, and lastly—most significant of all—the close proximity of others affected.

"We do not know yet," continued the doctor, "whether there is a 'cold' microbe. We suspect there is, for it is proverbial in a household that if a cat sneezes someone else will have a cold, and very often the disorder will run through the house."

Whilst the medical profession is striving today to find cures for cancer and consumption, no certain remedy has yet been found for a plain, simple, homely "cold in the head." Some struggling student will one day make this astonishing discovery, and will leap immediately to the pinnacle of fame.

Meanwhile, here are some old fashioned suggested cures:—

Hot spirits and hot water before going to bed. Sleep between blankets.

Put your feet in mustard and hot water before retiring to bed.

Take a teaspoonful of sweet spirits of nitre, and sleep between blankets.

A half teaspoonful of salt in hot milk, taken frequently.

Infuse dried hops in boiling water, and inhale on retiring to rest.

A few drops of camphor on a piece of sugar, and taken at intervals.

Pour a few drops of oil of eucalyptus upon a cigarette, allow it to dry, and inhale the smoke.

## PHYSICAL CARE OF SCHOOL CHILDREN.

Rowland Godfrey Freeman says that an ideal private school should be out of town, but within easy reach of the homes of its patrons. There should be short periods of study, frequent recesses, and ample time for a substantial midday meal. The harder work should come during the morning hours, the lighter work in the afternoon hours. After this the children should play out of doors. The ideal public school should care for the children as many hours a day as is practicable. Outdoor play should precede study. Study hours should be short, with frequent recesses. Nutritious food should be furnished the scholars at noon. In the afternoon the easier subjects, the manual work, and preparation for the next day should occupy the time. There should be opportunity for outdoor exercise under supervision until late afternoon. In every school strict examination should be made for any evidence of contagious diseases. All children with colds and contagious eruptions should be excluded from school.—*Medical Record*.

## NIGHT SWEATS.

Night sweats are a symptom of great weakness, and their continuance arouses great apprehensions in the physician's mind. They accompany low states of the system, such as are caused by mal-assimilation, malarial depression, chronic toxemia from hæpatic or renal insufficiency, the checking of normal secretions, morphine habit, etc.

Whatever the cause, it should be sought and removed, for these sweats are very exhausting, and the patient will not gather strength until they are controlled.

If the trouble is due to mal-assimilation, the doctor must find a diet and method of feeding his patient which will stimulate the lacteals, raise the volume of circulation to normal, and so reach the system of nerves which governs the sweat glands.

Small feedings, highly nourishing and digestible food at frequent intervals, have answered best in our experience. If medicine is required, this should be taken under the direction of the doctor.

If the sweats are Nature's effort to make the skin do its work for the liver or kidneys, throw off the poisons which normally the liver splits up, and the kidneys eliminate, then remedies which will tone up these organs, and restore them to their normal activity, are indicated.

## THE DRINK DISEASE.

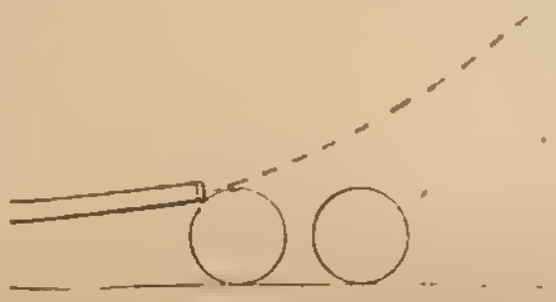
It is a very difficult matter to control the appetites of men by compulsory measures, and this is especially true of those addicted to the excessive use of alcoholic stimulants. Laws having this end in view are regarded as encroachments upon personal liberty. Legislation thus restrictive is sure to provoke antagonism and systematic evasion. We do not propose to discuss the means for the prevention of habitual drunkenness, but rather to consider the best methods of dealing with the victims of the drink habit. The view which is rapidly gaining ground, and which must soon prevail, is this—that drunkenness is a disease, and that it should be treated accordingly. The late Dr. Norman Kerr, whose special interest and years of study made him an eminent authority upon the subject, once observed, "Deal with the inebriate as you have successfully dealt with the maniac. Frown not on him as a hardened criminal. Remember he has fallen by the power of a physical agency which has crushed to earth some of the noblest and most gifted. Treat him as a patient labouring under a baffling and inveterate disease, and amid many discouragements. Such a measure of success will follow your true curative treatment as will gladden your hearts as men, while it will attest your skill as physicians." The views thus expressed, which are generally entertained throughout the country, were instrumental in giving shape to Parliamentary legislation.—*Health*.

# AN IDEAL INDOOR GAME.

**Billiards test Brain, Nerves, Muscles, and Courage.**

THE great fault with most indoor winter games is that they are of a sedentary character. Chess, draughts, dominoes, and nearly all popular indoor games are essentially mental in character, and involve no physical effort. Ping-pong enjoyed a temporary celebrity chiefly for the fact that it involved bodily as well as mental activity; but, on the other hand, hostesses often found the animal vigour displayed by expert ping-pongists by no means beneficial to order and cleanliness in their homes. There is, in fact, no game that has so thoroughly proved itself the ideal indoor game as billiards. It has stood every test, and is to-day more popular than ever.

Played in a well lighted, well ventilated room, billiards is the best of all winter games. It involves mental agility, physical stamina, and general self-control. The billiard player who wishes to excel must possess a nerve of steel, a brain of ice, and a hand steady as a rock. The real masters of the game are men who have always recognised the necessity of physical fitness, and who lead healthful lives. A night's debauch is not conducive to big breaks, so most of our billiard cracks live very temperate lives, while those who do not soon find out that John Barleycorn is an invincible opponent.



*How to play for a run through cannon when the balls are close together.*

Both for the man of muscle and the man of brain, billiards exercise an equally potent fascination. There is probably no game that, with so little strain upon the mind, supplies just that amount of distraction from other matters that gives the brain of the business man a complete rest. There is no severe mental strain as in chess and draughts, and yet sufficient mental exertion is required as to isolate the mind from all business cares and worries. Therefore, we do not think it out of place to include in the columns of this magazine an appreciative reference to a book on the game of billiards which has just reached these offices. It is a three volume work, written and published by Risco Levi, of 7, Blackfriars Street, Manchester. It is simply written, freely illustrated, and deals with every phase of the game.

The first volume deals with the question of "potting the white," describing fully when it is advisable and when not advisable to do so. The average amateur is at sea on this point, and so the game between two friends is often marred by an agreement never to pot the white, or by quarrels consequent on one player unexpectedly doing so. There is nothing cowardly, as many amateurs think, in "potting the white," and, indeed, when the feat is barred from a game, it loses half its charm, for it requires a nice judgment to know always when and when not to do so. Mr. Levi explains the whole situation in detail. In this chapter also he describes the bringing of the white out of balk, and a number of difficult cannons and hazards.

Here, by the way, it may be mentioned that the author discards the word hazard, and uses the colloquial expression, "in-off." The reason for so doing is logically correct, for hazard implies chance, and billiards is not a game of chances, but "the most scientific of all games," every stroke being governed by mathemetical rules.

In the second volume, sides, run-throughs and screw-shots are fully described. It is, indeed, marvellous what can be accomplished by the use of check

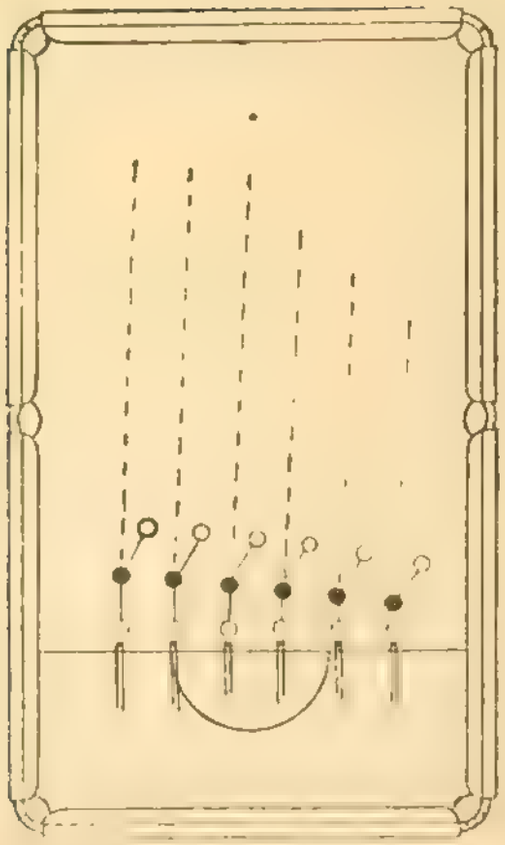


*Diagram illustrating a number of difficult runs through cannons.*

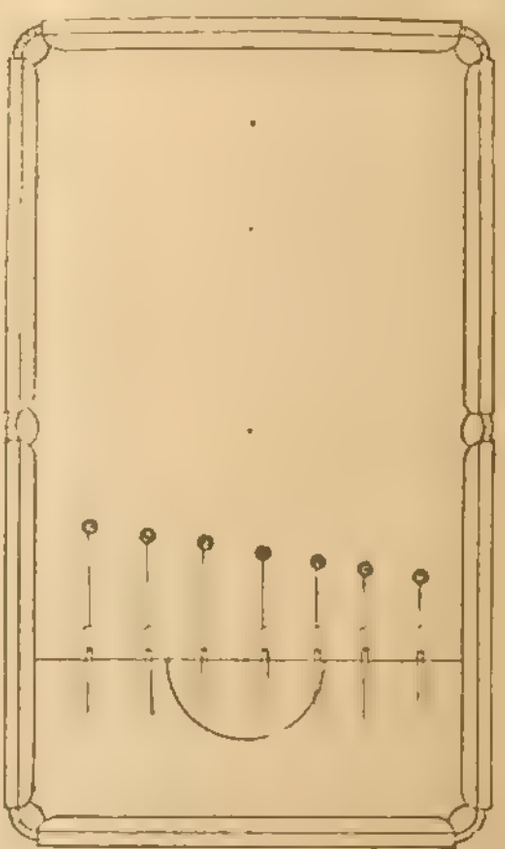
or running side. Here is Mr. Levi's description of these two forms of side:—"To many beginners," he says, "the terms *running side* and *check side* are confusing, and even many fair players, though quite aware which is the correct side to play a stroke with, are sometimes at a loss to define which is running side and which is check side in certain strokes, more especially as in certain cases the side imparted to the cue ball may be either running side or check side, according to the angle at which the cue ball strikes a cushion, after contact with an object ball. Also, a ball may carry check side when it strikes a first cushion, and running side when it strikes a second cushion.

"Running side, as is well known by the merest tyro at billiards, increases the angle of reflection, and check side diminishes this angle and often destroys it altogether.

"Then again, if a ball be played at an angle to the top cushion without side, it will rebound at a similar angle, as shown in diagram on page 743, by the continuous line, but if running side (right hand side in this case) be imparted to the ball, the angle of reflection will be decreased more or less as shown by the thick intersected line. If check side (left hand side) be used the angle of deflection will be decreased more or less as shown by the thin intersected line, and not only will this happen, but, as is not very generally known by inferior players, the speed of the ball will also be greatly checked after contact with the cushion. Hence the term *check* side.

"If, however, a ball be played full at a cushion, as shown in position B, neither side can be check side, as there is no angle of reflection to diminish. In such a case either side is running side, even though there be no angle of reflection to increase, for, as just mentioned, check side checks the speed of a ball as it rebounds from a cushion, whereas in position B, side, whether right or left, does not diminish the speed of the ball as it leaves the cushion.

"If the ball that is played from position B afterwards strike the opposite side



*As the player learns the art of "screwing" back, he should place the object ball further and further away, until he can almost any distance.*

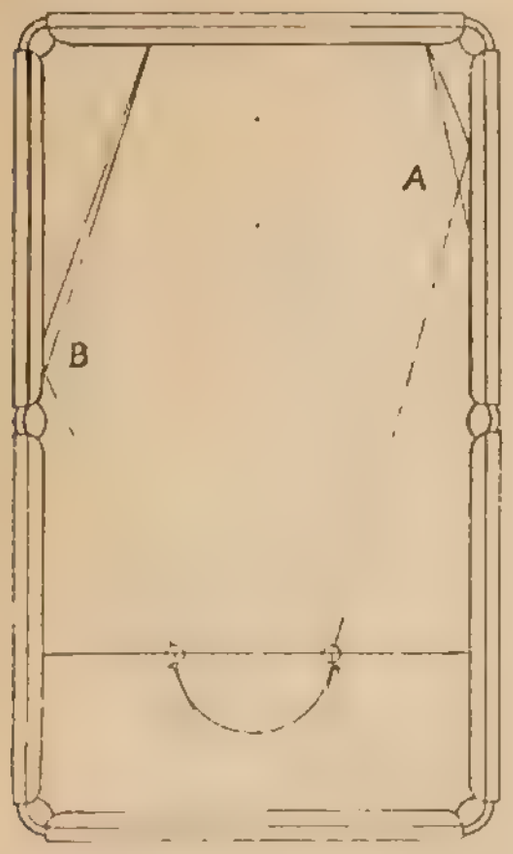
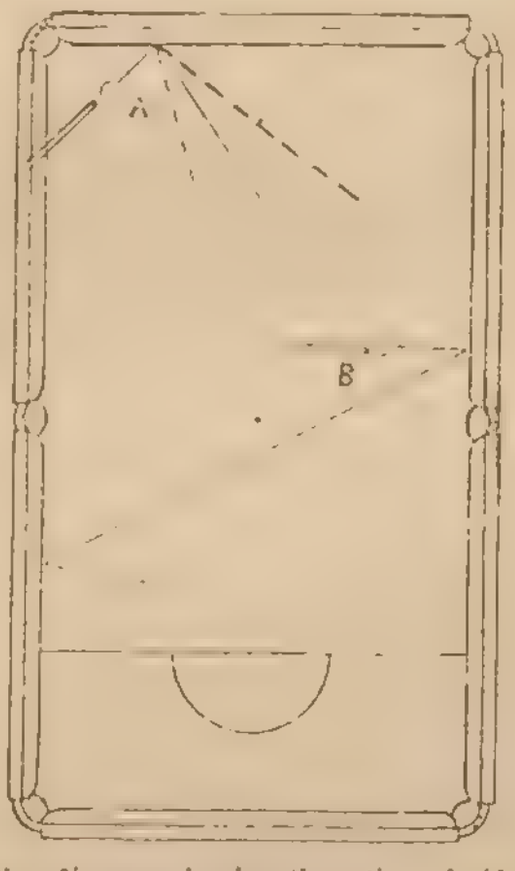



*Diagram showing the peculiar action of check, side on striking the cushion.*

cushion, any side on the ball becomes check side as it strikes the second cushion, and this is often noticeable when playing cross cannons with extreme side."

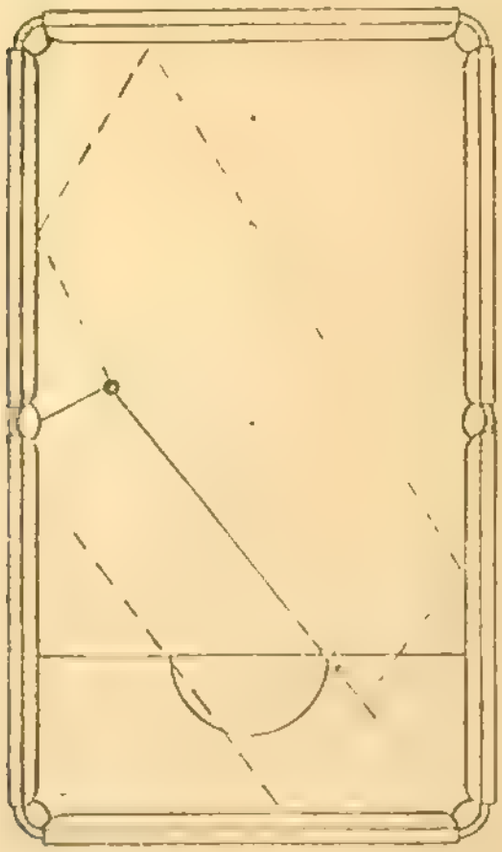
Another diagram shows a series of interesting run-through strokes for the practice of the beginner. In each case the object balls are the same distance apart, but the respective distances of the cue ball from the red are 7, 6, 5, 4, 3, and 2 inches. Many players, when quite close to an object ball (say, only half-an-inch away), play an undoubtedly foul stroke, and yet maintain, and in all sincerity, too, that the stroke was not a push, because they did not play to push the balls. If a good player inadvertently play a push stroke, he knows it at once, for he feels for one fleeting moment the weight of two balls at the end of his cue. A poorer player, with a less sensitive touch, can, however, in all close run-through positions, easily distinguish between a fair stroke and a push, in the following manner: When the stroke is a fair one, the cue ball will almost momentarily stop at the instant of contact, and then run on, and it will always travel much more slowly than the object ball. When, however, the stroke is a push, the two balls will travel at nearly the same speed.

In order to avoid a push, when playing a very close run-through (cue ball and object ball two inches or less apart), the forward movement of the cue must be arrested at almost the very moment it strikes the ball, yet at the same time a smart little blow must be given the ball, in order that it may carry sufficient forward rotation to enable it to run on some distance after its full collision with the object ball. This arresting of the cue's forward movement at just the right moment can, of course, only come with long practice. Many players may find the stroke less difficult if they hold the cue rather tightly between the first finger and thumb of the bridge hand, so that the cue, as it slid backward and forward, meets with a pretty firm resistance. If, just at the moment of striking, the pressure of the thumb and the first finger of the bridge hand be increased, the cue will be arrested, and thus prevented from following on after the ball.




*Another diagram showing the action of side on a ball when it touches the cushion.*

Avoiding the spot-barred push stroke may be accomplished even when the balls are almost together. "With the cue



*A remarkable in-off, which sends the object ball all round the table, to leave it, when played with sufficient strength, ready for an easy in-off into the left hand middle pocket.*

ball so close," says the author, "to the object ball, it would be impossible for any player to hit the cue ball smartly enough to give it plenty of forward rotation, and at the same time arrest the cue in time to prevent the stroke being a push. Bateman, however, plays this particular run-through in a manner quite different from any other run-through stroke. He does not arrest or try to arrest the cue at the moment of contact. Instead, he depresses the butt of the cue, and strikes the ball as high up as possible and lets the cue go forward, but high up over the balls. In fact, immediately the cue touches the ball it describes a curve in the air very much after the style shown in the diagram on page 741.

"If the stroke be played in this manner, it is quite possible to get sufficient run on the cue ball to make the cannon without the slightest semblance of a push, for the cue curving upwards, can be made to leave the object ball practically at the very instant that it strikes it. The stroke is, however, an exceedingly difficult one, as really good amateurs will find if they attempt it. In trying this stroke, a player will find that often in his anxiety to avoid a push, he will strike the cue ball so high up that his cue will glance off the ball, thus making the stroke a miss-cue, or in his eagerness to give the cue the necessary curve, he will not hit the object ball at all."

There is, indeed, not a single difficulty that faces the player that Mr. Levi has not described and explained in his book. The mysteries of "drag," "top," "feather strokes," "jennies," "kiss-cannons," "kiss-in-offs," are all fully elucidated for the benefit of the tyro,

*A Clever Kiss Cannon.*

and to the enthusiast these volumes are worth the price for the sake alone of the numerous diagrams given.

# THE ORIGIN OF PRIZE FIGHTING.

## Some old time Heroes of the Ring.

PROFESSIONAL prize fighters first saw the light of day in England. Writers on boxiana and fistiana are not agreed as to the date of its origin, but some of the older scribes believed it was in the 17th century. In one of Hogarth's pictures, "Longworth Fair," there is a representation of a bully offering to tackle anybody and howling forth a challenge to all strong men of muscle to enter the lists with him. This was during the reign of George II. The fellow pictured by Hogarth was a man well known in London in those days. He was called Fig, an ignorant, uneducated boor, but a fighter all the same, and many writers agree that he was the original professional prize fighter. He had a fight once with another of his class, a Venetian gondolier, known as Bob Whittaker, otherwise called the Jawbreaker. There was much betting on this event, even at that early date. Fig licked the gondolier, and held on to his prestige until death.

Another of the ancient English pugilists who at one time enjoyed considerable fame was Tom Pipes. Tom crooked his elbow too frequently, however, and was whipped by a slovenly, unscientific person called Hammersmith Jack. That ended the fame of Mr Pipes, for every man with whom he fought afterward got the best of him.

Among other noted pugilists of those days was a man named Hill Willis, the fighting Quaker, another mighty boxer named Tom Smallwood, and still another whose sobriquet was George the Baker. All stood high in the fistic amphitheatres of those days. They all fought for "the diversion of gentlemen," with, of course, a lot of money on the side.

After all these worthies retired there was a lapse of nearly half a century in the art pugilistic, and then there opened up a new era of prize fighting, and a man of genius and talent made his appearance on the stage. His name was George Broughton. An admirer, writing of him in one of the magazines of that period declared him to be "the greatest man in England, universally beloved, feared, respected and admired." His fame ended, however, when he threatened to horsewhip a butcher named Slack, who insulted him at Hounslow races. Slack challenged him to a prize fight, and they met in regular fashion. The butcher mopped the earth with Mr. Broughton, and gathered in shekels to the amount of £600. The favourite, who was also called the father of boxing, was deprived of his laurels, his friends declared, by a chance blow between the "peepers," which blinded him, and he couldn't see how to fight. At any rate, he retired to private life, and, like Cardinal Wolsey, bade a long farewell to all his greatness. Slack, the butcher boy, then became champion, and it is recorded in the annals of pugilistic history that he, after a reign of ten years, was obliged to yield the palm to a slaughterer known as Bill Stevens the Nailor. Then the championship was boosted around for about a quarter of a century—that is, from the year 1761 to 1783—but in all that time there was no great master genius among the pugilists.

One of the most celebrated of the pugilists of those times was an Irishman named Peter Corcoran. He graduated from the honest occupation of a coal heaver to that of a sailor, but at last decided that his mission on the globe was prize fighting. Peter whipped many of the best boxers of his era, and was at last knocked out himself by an aged gentleman called John Barleycorn, who always wins in the end with those who tackle him too constantly.

Then there came loud cries from all over England for a champion, and Mr. Tom Johnson stepped to the front. There had been so much cheating that the fistic art lost favour with the public, but Johnson restored its prestige. He won many hard fights, whipping several men of Herculean strength. His quietus came

from a rattling in the ribs administered by a fighter called Big Ben. He never fought again, although he outlived the man who took the championship from him. When Big Ben died, Johnson was among the mourners who saw his body respectably interred in St. Sepulcher's churchyard.

Mendoza was a great fighter. He founded the Jewish school of pugilism. He fought about thirty battles. Once he fought with a pugilist named Humphries. In this fight a Mr. Moravia acted as Mendoza's umpire, a Mr. Benjamin was his second, and a man named Jacobs was his bottle holder. It was a terrific fight, but Mendoza was the victor. His end came when he was forced to succumb to John Jackson, who beat him in ten minutes and a half. Among the pupils of Mendoza were several who achieved considerable fame as boxers. Among them were such characters as Dutch Sam and Belasco, or Iky Lig and others, but none of them were considered as models of pugilism, nor did any of them eclipse in the slightest degree the fame of their master.

There were black champions, too, as pugilism advanced in favour, and probably the greatest of these members of the sable school of boxers was Molineaux. Molineaux was not much of a scientist in boxing, but he was a man of prodigious strength. The list of black fighters is a long one. Molineaux fought a battle with the great Tom Crib, but had no chance in the mill from the beginning to the end, although he had vanquished quite a number of the good white fighters. Curiously enough, this negro school of prize fighting was introduced into England by a man named Richmond, who was an American, and born somewhere near the city of New York. He was himself long time a pugilist, but at last he met the fate of all of the profession. Few hold on to the championship long. Either some new fighter wrests it from him, or his grim spectre steps in a substitute soon after his fame is established and does the work for him.

Of the latter day fighters, when who are devoted to the manly art of self-defence are thoroughly advertised, the name and fame of such men as Tom Sayers, John C. Heenan, who was known as the Benicia boy, John Morrissey, and all along the line in England and America their exploits are still talked of. John L. Sullivan, too, who, with all his faults, has an abiding place in our hearts, will for ever last in pugilistic history, and that pride of the Patapsco, Joe Gans, is a great man in his particular *rôle*, and the sporting world to-day is metaphorically doffing its casque to him.

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### MISUNDERSTOOD.

The secretary of the ladies' golf tournament was hunting up the competitors, some of whom were wofully behind time with their heats.

"Go round and tell Miss Fremington that if she doesn't attend and play off her game I shall scratch her," he said to his maid servant.

The girl was horrified.

"I never would have believed master could be such a brute!" she murmured, as she went her way. "I ain't going to take a message like that—not me!"

She cogitated a moment at Miss Fremington's door, and by the time that lady had arrived she had seen her way to modify her master's message.

"Please, miss," she said, "master says if you don't play off your game he'll come round and pinch you!"—*Tit-Bits.*

# HOW TO DEVELOP PERSONAL POWER.

By Ella Wheeler Wilcox.

THE first thing for a human being to realise is the fact that we are each and all of us, threefold in our organisation — physical, mental and spiritual. No matter how liberal or broad our education may be, or how far from orthodox our belief, we must be conscious that some force greater than the brain of man conceived and executed this wonderful scheme of the universe.

Whatever this force was, and is, we are a part of it, and from it we can obtain wonderful power and strength, if we hold ourselves receptive to its influences. However occupied a young man or woman may be, each, if reared under civilised conditions, finds time for a daily bath. All feel it a necessity for the health of the body. Just as necessary for the health of the mind is what I would term a spiritual bath—a few minutes of time given each day to relaxation and calm meditation, an undressing of the mind, so to speak, of all material cares and ambitions, a breathing in of spiritual force—and an immersion of the whole being in the electric currents which flow from space about us.

He or she who desires to obtain personal power of the highest and most enduring nature must take these few moments at least, daily, believing that the best and purest strength from the very source of all power is being bestowed.

After the routine of the day is entered upon, a careful watch upon the emotions and desires to see that they do not encroach upon the rights of others is another step toward the goal. The power which develops into tyranny and oppression is never a safe power to cultivate. It is sure to resolve itself eventually into a boomerang and to destroy the usefulness of the mind which seeks it.

A man who pursues what he believes to be merely his own personal good has a lonely and hard path before him. A man who seeks the universal good of all humanity has the unconscious assistance of the whole universe. The fact may not be patent to him at the outset, but it will manifest itself as he proceeds. He who wastes time and vitality in feelings of hatred, revenge and retaliation can never attain to power. Nothing is more destructive than hatred; it vitiates all the constructive forces of the mind. No more foolish and paradoxical phrase was ever formed than one we often hear uttered by the unthinking, "I am strong in my loves and my hates." He who loves greatly cannot hate, any more than the sunlight can freeze one being while it warms another. There is a selfish passion, often misnamed love, which exists in the same heart with hate. But it is not love.

LOVE IS THE GREATEST

of all means for developing personal power. Would you have your influence felt by all whom you approach? Then cultivate a sympathy for all created things and look for the lovable quality in each human being. It exists—search and you shall find.

Avoid dwelling upon the disagreeable and unpleasant traits of humanity, or the gloomy or unfortunate phases of human existence. All such things are detrimental to the development of your best powers. They are material, and lead to inertia of the mental faculties. When you are compelled to encounter vice and misfortune, give them pity and sympathy, and do what you can to aid and uplift; but do not let your mind dwell despondently upon them.

As the Book says: "Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report, if there be any virtue, if there be any praise, think on these things." This is one of the sweetest methods of developing personal power, for thoughts are magnets, and attract their own kind.

I hold it true that thoughts are things,
Endowed with being, breath and wings,
And that we send them forth to fill
The world with good results or ill."

However indisposed you may be, picture yourself strong and virile; however poor, think of yourself as opulent; however lonely, imagine yourself surrounded by loving friends; and as you think, so shall you be. All such thoughts develop the power to bring desired results.

Professor Elmer Gates, speaking of his experiments at the Smithsonian Institution, says:

"I have discovered that sad and unpleasant feelings create harmful chemical products in the body, which are physically injurious. Good, pleasant and cheerful thoughts create products which are physically beneficial. The products may be detected by chemical analysis in the perspiration and secretions of the individual. For each bad emotion there is a corresponding chemical change in the tissues of the body, which is depressing and poisonous, while every good motion makes a like promoting change. Every thought which goes into the mind is registered in the brain by a change in its cells. The change is a physical one, and more or less permanent."

Remember this, you who seek to develop

POWER OF BODY AND MIND.

When you set forth in the world to carve out a career, do not be forever consulting your friends and leaning on them for advice about your course of action. There are great issues in life, vital turning points, where most of us feel the need of counsel, but such occasions do not present themselves every day. In the smaller matters pertaining to the conduct of business, learn to decide for yourself. Of course, I am addressing the noble minded and ambitious, not the idle and vicious. Cultivate conscience and self-respect, aspiration and ambition to be and to do your best. Then go ahead on your own basis, and in your own manner.

If you form a habit of continually consulting other minds for guidance, you weaken your own judgment. If you depend upon yourself, and appeal only to the highest powers of the universe for strength you fortify the best qualities within you, and educate your own nature for self-government. Not only avoid seeking advice, but avoid taking too much of it. It will be impossible for you to follow all the suggestions your friends and acquaintances offer. Nothing is easier to give than advice. No two brains are constructed in exactly the same manner, and no two minds regard life from exactly the same standpoint. One person tells a youth to sacrifice everything for an education, to go through college at any cost of time, labour and pleasure, another advises him to be satisfied with a common school education and to turn his attention to business early. One urges you to read widely, to avoid society and to have no intimate friends but books. Another says, seek the companionship of people, study mankind, make yourself popular and achieve success through influence. If you obey the first, a dozen friends differ in the books they suggest for your training; if you yield to the latter, as many varying counsels are given regarding the kind of people whose acquaintance you should try to cultivate.

It is sheer madness to attempt to follow all the counsels of all our best friends. It would require twenty lives.

We must decide things for ourselves. Once having decided

STEEL YOURSELF TO CRITICISM.

Whatever course you choose, some of your friends will decry and bemoan your decision. Content yourself with the thought that, while they are your good friends, and mean well, they cannot live your life for you, and, therefore, you must live it for yourself, and in your own way. Like a locomotive, you must follow your own headlight.

There is nothing which more strongly aids the development of our powers than standing firm and unswerving through a storm of criticism when we know we have chosen the right pathway and that our motive is a worthy one, however questionable the course may seem to observers. It is impossible to pass such an experience without keen suffering, which few of us attain in youth; but suffering is another source of development.

The best powers of mind and spirit cannot be attained if we neglect or misuse the body. The body is the casket in which the spirit and the mind are kept through one sphere of life, and it should be made worthy of them. Every organ should be exercised, every normal appetite reasonably fed, if we expect to reach the best we are capable of being and doing. To be wholesome and attractive to the beauty loving eye of the world is a commendable desire and one which is perfectly consistent with the higher ideals of life. A subtle power comes with the consciousness of an attractive personality clothed in becoming and tasteful garments. For one who seeks to be his best self, suitable dressing for the body is as necessary as cleanliness.

Never should the truth be lost sight of that it is the spirit within which makes the real power of a man, and only in recognising this fact, and in constantly asserting it, can the highest development of personal power be attained and the true life accomplished.

## PLAIN LIVING AND HIGH THINKING.

### The Food and the Mind.

SINCE the brain, like the body, is nourished by the food eaten, it is correspondingly affected by the food, and it is only plausible to assert that its most consummate powers can be attained by a judicious selection of foods.

Foods that are conducive to, and productive of, headache, a sluggish system, indigestion, and other irregularities of the body arising from unwholesome foods, are a bar to the highest physical and mental attainments. The world's thinkers and workers have lived very simple lives, and their food has always been of the plainest kind.

It has been stated by authorities of colleges and universities that those students who followed a simple course of living, both as to eating and general care of the body, have been able to do more and better work than the less sagacious students who have been content to pursue an ulterior course of living.

The Emperor William, who died at the age of ninety-one, refused the rich viands of his chief cook, and lived on the simplest of foods.

AS ALL ARE AWARE,

Dr. Franklin was noted for his simplicity in living, and all are acquainted with his active life and the prodigious amount of work he accomplished.

S. T. Erieg, writing in the *Naturopath*, states that large eaters are almost always wanting in mental activity, and it can be ascertained at the present time that the men who are doing great mental work are very careful of their diet, eat little, and live very simple lives. The stomach should never be overloaded, for it requires nerve force to digest food. With large eaters a great portion of nerve force goes to the stomach, and little is left for brain or muscle. This might,

perhaps, be a solution why some men with good sized heads and well formed bodies consume so much nerve force that they have none left for the higher aspirations of life, and are outclassed by the less favoured simple livers.

Those who are inclined to Epicurianism, besides impoverishing the mental powers impair their health and consign their bodies to a lifelong chastisement. There is a Latin saying that many dishes make many diseases. Many have been brought to the realisation that this sentence contains a great amount of truth.

EXCESSIVE EATING,

too high living, impoverishes the system, and makes the body sick and susceptible to disease, and this in consideration of food, health, and mental attainments, brings us to the Latin sentence, *mens sano in corpore sano*, a sound mind in a sound body.

The mind is the power of man; without mind he is a cipher in this world. It is the mind that sways the world, it is the mind that triumphs over brute force and turns turmoil into tranquility, and makes something of men besides "hewers of wood and drawers of water."

The way to have a superior mind is to keep the body in a healthy condition. The simple liver is not obliged to resort to appetisers, for he is always in possession of a good appetite. And in addition to having a good appetite, he has a good healthy stomach that is always ready to do its work. Since the food sustains such an important relation to our mental condition, it is certainly an incentive to exercise precaution as to what is eaten. The more wholesome the food (other things being equal) the better will be the mental condition, and the better the mental attainments.

## THE "GOSPEL OF RECREATION."

**Every Individual should have some Pet Hobby.**

THE great need for recreation is among the millions of steady workers in every field of endeavour in all lands, who construe their intervals of leisure to mean a tiresome and fruitless idleness.

Sir James Crichton Browne in his address at Blackpool drew a dismal picture of the people who bore holes in buttons, put heads on pins, watch a lathe cut a thread on a screw bolt—in other words, the great mass of workers who have a more or less uninteresting task-work or drudgery to do all their lives. What kind of men and women, what kind of civilised beings, does that sort of routine work produce unless the workers have some chance to give free play to their minds, some opportunity to direct their interests and mental and physical activities into other channels? There is no doubt as to the product: they will be barbarians and inconceivably wretched.

"Vast numbers of these people die prematurely, whatever expectation of life we may take as a legitimate standard, and they die because the best parts of their brains are left unexercised and undeveloped. When their physical powers decay there is nothing left for them, and their pleasures are seldom calculated to restore their flagging bodily activity."

This is all true, and it is applicable not alone to the men who dig ditches and watch machines, but to the business man, the clerk, the teacher, the professional man, and all classes of steady workers. The men and women whose lives are without some recreation are barren and poor and deprived of the best development for a healthy and natural personality. Charity workers who deal with the juvenile delinquents and criminals in institutions have noted one peculiarity of the class—they have really never learned to play in a natural and wholesome way; there has been a lack of innocent fun in their lives; they have been deprived of the proper kind of recreation.

A multitude of people have a notion that they cannot have recreation because they cannot afford to go to the theatre, cannot buy expensive things, cannot travel and have luxuries, and others complain that recreation is beyond their reach because they cannot be wholly idle. As prodigal expenditures and a life of idleness are out of the question

for the vast majority, and ever must be, it is apparent that this sort of repining is useless and foolish. The proper aim is to obtain recreation "in such a world as this for such a people as this."

Charles Lamb, in one of his essays, tells how he lived and worked fifty weeks in the year, and was buoyed up by the prospect of the annual two weeks' vacation. There are myriads like him now who postpone their joys and try to concentrate them in a fortnight. It is a disastrous and futile experiment. Every man, woman and child should have a form of recreation which lasts all the year round. The best kind of recreation is something which proceeds from the person and is within personal control. Mere idleness does not meet the requirements.

"Absence of occupation is not rest;
A mind quite vacant is a mind distrest."

gained of the delightful secrets of the outdoors. One man collects butterflies; another birds or birds' nests; another is a geologist; another is a botanist, and one man knows all the trees of the British Isles.

In some towns and localities there is a lively interest in art, and the annual exhibition by the amateur artists is the great event of the year. These painters and draughtsmen not only find a recreation in their own work, but they have opened for themselves the whole world of art, in which many of them take an intelligent interest.

Everybody owes it to himself to get a hobby of some kind. Let it be music, or art, or history, or some particular subject of reading which will enlist the attention endlessly. The man in one of our suburbs who worked for years in developing a little backyard garden of

*A remarkable jumping feat performed by J. Higgins. Jumping over five chairs on to weights and finally tapping a man's face without hurting him.*

Everybody should have some pursuit or interest outside of taskwork. Some people are so happily constituted and have been so fortunate in choosing an occupation adapted to their tastes and inclinations that they find their chief delight in following the various avenues of research and investigation and labour to which their vocation naturally leads. These people are the fortunate ones of the earth, and happiness is theirs.

The great majority, however, are tired of their work when the day's work is over, and need a respite and a change. They should have some pursuit which enlists the enthusiasm.

In several of the manufacturing towns of England there are naturalists' societies, maintained by the working men, which have attracted attention by the excellence of their collections and the intimate knowledge which the members have

twelve by sixteen feet is a happy man who makes no complaint of the world, while many of his neighbours declare that they would as "lief be dead as poor."

The recreation which a man can seek and follow himself, independently of outside aids, is the best, because it is certainly true that the expensive and public pleasures of "far the greater part of mankind are counterfeit."

## HOME HINTS.

The skins of almonds are very indigestible; therefore it is always best to blanch the almonds in hot water and rub them off before using.

Grape fruit is said to have in smaller degree the qualities of quinine, and will actually allay inflammation and break up malarial disorders if taken in time.

Make a paste of fresh butter and pulverised resin, spread it on a linen rag. This applied to sprains will frequently effect a cure.

# WALKING FROM AN EDUCATIONAL POINT OF VIEW.

**You may learn more from Travel than from Books.**

IN Denmark they have high schools for servant girls. I attended one at Otterup, in the Island of Funen, and found 140 girls there, writes A. N. Cooper in *Longman's Magazine*. They were there for a three months' course—for the months of March, April and May, to be exact—and had all left their situations for the purpose, and would return to them at the conclusion of the term. They were being instructed in the usual branches of secondary education, languages being their feature. There was no obligation for them to attend, and they had to pay something toward the expense of their board and tuition.

The building was just about large enough for the 140 to sleep in. It was situated in the country, and on the Sunday afternoon I spent there the girls had all gone for a walk in the neigbouring woods. It was presided over by a director and his wife; the latter was sister to the Minister of the Interior, and had herself been trained to the law. In the course of the year the building was occupied by three distinct sets of students. When the servants left at the end of May a number of professors and their pupils from the University of Copenhagen would spend the summer months there. In October the building would be given over to artisans, who would continue there for five months, and that would bring the time around for the servant girls again.

The first call I made in Copenhagen brought me face to face with the practical results of the high school. The lady was out, and while I talked to the servant it must have struck her that she could speak better English than I could Danish, so the conversation was continued in my own language. Subsequently I saw the lady and commented on the fact that her servant could speak English. She answered:

"Not only English, but she goes every morning for an hour to her German lesson."

"But can you spare her?"

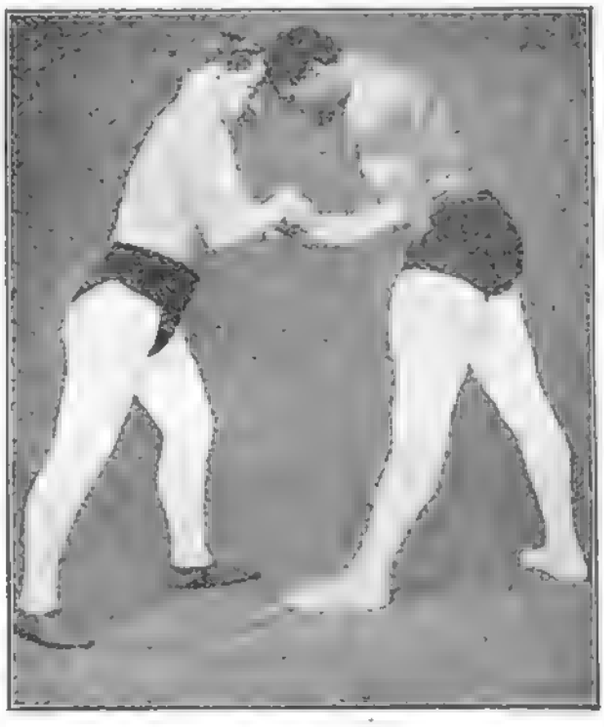
"Oh, servants are as difficult to get in Denmark as in England, and they lay down the conditions on which they will stop."

### LAND OF THRIFT.

I have heard of many conditions laid down by English servants relative to their night out, their liberty to dispense with a cap, and so forth, but never once that they should be allowed to continue their education in any form whatever. I am not in a position to say what the effect of all this learning has on the servant girls, and some ladies of my acquaintance do not hesitate to say it must spoil them. However, I speak within my knowledge, when I say it certainly does not spoil them as cooks, and in the particular instance I referred to the girl was not spoiled in one most important matter, for her mistress told me she was entrusted with a latchkey.

Good Bishop Grundtvid used to pray for his country, "May few have too much and fewer still too little." The prayer has been heard, and the Danes are a nation of workers, and hard workers too. So it is not surprising that they have little time for reading, and the name of Dr. Georg Brandes is perhaps the only one known outside

Denmark as a literary man in the front rank. Almost the only works I saw exposed for sale were translations from Dickens, Drummond, and Currer Bell. This by no means would be a fair criterion of the general intelligence of the people. There seems an utter absence of the thriftless, hopeless class in Denmark. There are no corner men, no touts outside the museums or galleries, no cadgers under any pretext whatever. To the eye of a stranger there do not seem to be any poor, for the old age pension scheme accounts for all indigent people over sixty, and begging is strictly forbidden; and not even an organ may be played in the streets, which is nothing but begging under a thin disguise, for nobody wants the music and people pay to get rid of the grinder. The system of education in Denmark has the merit of training people to take care of themselves, and what system could do more?



*Playing for a Grip.*

I am not going into the causes which make high schools for servant girls and young mechanics outside the horizon of practical life in England. You have only to mention the servant's hour for a German lesson to an English mistress to see how impossible it would be. If you mentioned it to the girl herself she would be unable even to appreciate the situation. With regard to the other sex, the compulsory military training of the Continent makes their young men familiar with a break of a year or two in their business life to which an Englishman is a stranger. As, however, all agree it is very desirable that education should be continued beyond the ordinary school age, I should like to bring out how much may be acquired in the mere process of walking. I mean by that, walks to Paris, Hamburg or Copenhagen, or, if time permits, longer walks to Rome, Venice or Budapest. The subject has rarely been touched upon, possibly from the dearth of walkers, or possibly because, like "Walking Stewart," they prefer to talk on any other subject than that which they have seen and heard on their wanderings.

WALKING AS AN EDUCATOR.

The roads of every country in Europe are familiar to me except those of Russia, Turkey, Greece and Sweden. I have walked through France from north to south, and nearly from east to west. I have walked through a large part of Germany, and have crossed the Alps on foot by three different passes. I know the roads of Italy from the frontier at Chiasso to Rome, and from Ala to Venice. I have been across pathless Bohemia, and through Hungary and the Austrian Tyrol. I have walked in Spain, Portugal, Norway, Denmark, Belgium and Holland. I have even walked through the little republic of Andorra. I am able, therefore, to appreciate the advantage and the cost and the drawbacks of such exercise, but my present purpose is to bring out how far it might serve as an education.

People with money can choose their own way of being educated; it is for those with limited means, as limited as the means of servants and mechanics, that I write. I am not forgetful of the difficulties in the way of unprotected girls going far from home and in countries where they could not make themselves understood, but in these days the sex have shown themselves so well able to take care of Number One, and so adventurous are their spirits, that

I hesitate to exclude them from consideration. Still, what I write is for that large class of young men who are anxious to improve themselves and do not quite see how to set about it. The first question with most young people is the cost. If that be not within their means, all else is as well left untold.

It is a little difficult for one who has not been obliged to be economical to say on how little a walking tour can be done. Still, if he found it exceedingly cheap, though he did not specially strive after cheapness, what is likely to be the experience of those who do? When I have advocated in public the advantage of walking tours I have generally asked the chairman of the meeting to read some of my bills lest the audience should think me guilty of exaggerating the figures. Four francs and three marks are the usual charge for a five-course dinner, with bed and breakfast. As a pedestrian really needs nothing more than very light refreshments on his walk, which can be obtained for a few pence, it will be obvious four shillings a day will cover the necessary cost. George Borrow tells how he walked to London from Norwich, a distance of 112 miles, on a pint of ale, half a pint of milk, a roll of bread and two apples, the whole costing 5½d. To the cost of one's board must be added the cost of reaching the foreign port where the walk is to begin, but so cheap are fares, and so liberal is the usual holiday expenditure that it should prove no obstacle.

First—A walking tour is bound to teach a certain amount of geography. It teaches the level of the country, the position of towns, the flow of rivers and the nature of the soil. These things lie on the surface. Sometimes one is obliged to learn. Once in Italy I had a suspicion I was walking in the wrong direction, but so lonely was the district I did not meet a soul. I consulted my map and saw that I was walking against the flow of the river, whereas I ought to have been walking with it. The course of the Po was impressed on my mind in a way no geography book could have done it. Before I started for Denmark, though I had heard of the Great and Little Belt, I had to learn that in point of size they stood in the ratio of one to four. The average Englishman whose idea of a lake is derived from Windermere, of a mountain from Snowdon, and of a river from the Thames or Severn will open his eyes if he finds himself by the side of Lake Constance, or if he crosses the Alps and Pyrenees, and if he "does" the 700 miles of the Rhine.

The wanderings of a man with his eyes open will lead to the knowledge that varying customs and manners are the outcome of physical surroundings.

When first I went to Portugal I shared all the indignation of my countrymen at the lazy habits of the people of the Peninsula. Before I had reached my hotel, about half on hour's walk from the landing stage, I determined never to say another word against them, for the enervating heat took all the energy out of me. When one finds wine universally drunk in the Landes of France one may be sure the water supply is more than doubtful; and when one finds early rising prevalent throughout Italy one may discover that the soil is such that extra hours are needful to wring a living out of it at all.

Should I be wrong if I said the average knowledge as to the height of mountains is confined to the height of its heighest peak? When I went to Venice I crossed the Alps at the Brenner Pass, and I learned by a letter from home that some pious soul had put up a petition at a prayer meeting that I might not be lost in the snow. It was toward the end of October, and on the first of that month the fathers of Mount St. Bernard begin their search for any one in need. That is one pass, and the Brenner is another, and there was about as much danger (perhaps less) in crossing the Brenner as in walking down Regent Street, the difference in height between the St. Bernard and the Brenner being some thousands of feet; but, as Browning says:

> Our interest is on the dangerous edge of things,

and while everyone knows the perils of the pass 11,000 feet in height, few but the actual traveller know the pass that can be crossed in safety. On my walk to Monte Carlo I learned there was another part of the Alps, Les Alpilles

which can be crossed between the hours of luncheon and afternoon tea.

For commercial geography the walker sees (always supposing he keeps his eyes open) not only the products on which a country depends for support, but also he sees how and where they are produced. While thousands have seen the timber rafts on the Rhine, how many have penetrated the woods and forests of Austria and Bavaria and seen the trees growing and the woodmen in the act of felling them? When I walked across Denmark I carried with me the knowledge of the uniform quality of Danish butter, and I traced this uniformity to its source. All the cows (at least in the Island of Flinen) were roan in colour. They did not graze at will, but had a uniform allowance of pasture, this being secured by tethers fastened to stakes at uniform distances in the fields. The milk was turned into butter at a local factory under government inspection, and all which did not reach a certain standard was excluded from the foreign market and had to be consumed at home.

THE WINE DISTRICT.

Local industries force themselves on one's attention. Walking to Rome, I had almost forgotten that coal was found anywhere out of England until in the neighbourhood of Saarbruck I met the miners black from the pit returning home. When I sat down to my first luncheon on German soil near Treves, and found I was charged but twopence for a bottle of Moselle wine, the fact that I had entered the wine district was unmistakable. As I passed along the Belgian roads between Mechlin and Brussels and saw every cottager busy with lace, I needed no other reminder of one industry for which the Flemings have long been famous. At Basle I found the conductors of every tramcar I entered tried to trade upon me one of the innumerable watches made in that city; while as I passed through Leghorn and noticed that one shop in every four was a *banc di lotto*, I learned how it is that Italians remain so poor despite their industry and economy combined. Thus facts of life impressed my mind in a way the pages of a book had never done.

Second—Next the traveller learns at first hand the true character of the people among whom he finds himself. Instances of civility and churlishness, of rapacity and honest dealing, can be gleaned anywhere. It is the people in a lump that tell their tale. No words can convey the true charm of Ireland, for it lies in the bonhommie and the open-heartedness of the people. I should imagine that the following could only have happened in Ireland: I was having some luncheon at an inn in Cashel when I fell into conversation with the only other occupant of the room. On learning that I was walking across his country for the purpose of seeing it, he invited me to his house to stay with him over the Sunday. It was the year 1888, when landlords were having a bad time, and he had no servant in the house. Still, his groom cooked the dinner, the gentleman himself got ready my bath and brought me tea in my bed-room in the morning, and his sister washed my only change of garments, that I might present a respectable appearance on the Sunday. They parted from me on the Monday with the expressions of genuine regret. I was an absolute stranger to them, and my travel-stained appearance could not have afforded them the slight satisfaction of having a well dressed gentleman in their company. I can only put this down to the genuine goodness of the Irish heart, which peeps out in the answer of every peasant you question, and in every hotel companion you come across.

*(To be continued.)*

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## NON-ALCOHOLIC WINE.

I HAVE just recently tasted a new non-intoxicating wine called Masde la Ville, which Mr. W. T. Stead recently described as "the most useful weapon of the temperance armour." It is a French grape wine of genuine tone and character, absolutely free of alcohol. For the best results the wine should be diluted with its own volume of natural or soda water, and thus, its price of 1s. 4d. per bottle becomes halved and the beverage comes to the public at a price well within the reach of most. Messrs. Ingersoll and Melluish, 10, Eastcheap, London, E.C. are the London agents for this really excellent temperance beverage.

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## CHARCOAL AS A PURIFIER.

MUCH illness is caused by impure water. Charcoal is one of the best purifying agents that can be used. Simply suspend in the cistern a muslin bag containing one or more pounds of charcoal, according to size of cistern

# CLUBS, CLASSES AND SOCIETIES.

### Muscle and Nerve Training.

At the Liverpool Gymnasium, Myrtle Street, a display of exercises and gymnastics was given last month by the members before a large audience. Mr. Samuel Smith (President of the Y.M.C.A.) was in the chair, and there were also present Mr. James G. Legge (Director of Education in Liverpool), Mrs. Legge, Mr. Richard Dart, and Mr. C. H. Keet.

After a hearty greeting and welcome, given by the chairman on behalf of the gathering, Mr. Legge, in a brief address, congratulated the gymnasium upon the fact that they were not afraid to introduce a number of exercises involving danger. In these days we were a little too much afraid of hurting ourselves, and he did not think much of the young man who was afraid of any exercise because he might possibly break a wrist, or collar-bone, or rib, or even a leg. Gymnastics were all very well in their way to make the body strong, but the nerve had to be trained as well, so that a man might have the pluck and courage, if need be, to stop a runaway horse or to dive into icy-cold water to save life (applause). Owing to the sedentary lives young men and women were forced to lead in these days, with no chance of field sports to develop their bodies, a gymnasium was absolutely priceless. Gymnastics had a good deal more to do with morality than some people thought, because they enabled the young men and women to lead good lives and to keep their minds sweet and clean by the proper discipline of the body.

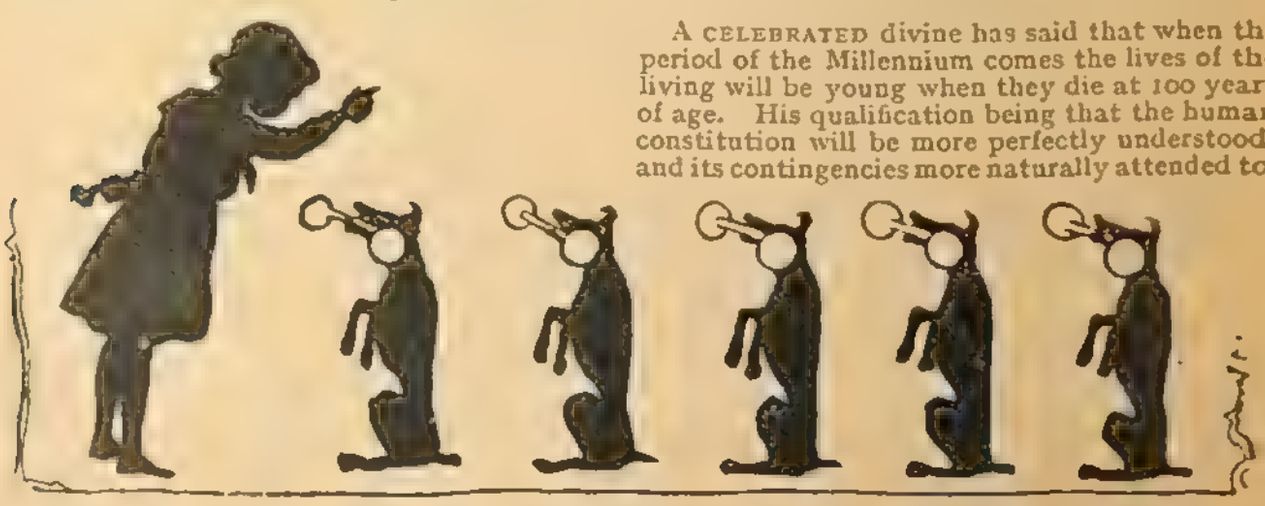
### Manchester Movements.

A lecture was delivered on November 16th before the members and friends of the Manchester branch (I.H.L.) on "The Muscular System and Its Development," by Mr. Henry Hyde Woodcock, the well known author-athlete. His remarks were well received by an enthusiastic audience, and his demonstrations of various original exercises were appreciated by all present. At the close a number of questions were answered with satisfaction. Mr. W. H. Dickinson (Sandow Fellowship) posed for lecture. Particulars of above Society (I.H.L.) can be obtained from the Hon. Secretary, J. Blackie, 2, Vernon Street, Old Trafford, Manchester.

### New Organisation for Leeds.

A new branch of the National League for Physical Education and Improvement has just been formed at Leeds. The inaugural meeting was presided over by the Deputy Lord Mayor, Mr. Robert Armitage, M.P., and the principal speaker was the eloquent Bishop of Ripon. Detailing the work of the League, the Bishop said that as a result of an interview with Mr. Birrell a clause providing for medical inspection in schools had been put into the Education Bill. They, however, wanted the clause to be strengthened so that there might be a medical inspection not only on entering school, but also on leaving school. An inspection on leaving school would provide a very valuable record and a valuable indication as to the sort of occupation the child should be put to. One of the great causes of waste of human life was that many a lad and lass were put into an occupation for which he or she was physically unfit. The National Physical Improvement League did not wish to interfere with the work of other agencies, but to encourage them in their work. The League wished to federate all the agencies which were working for good, whatever they might be, throughout the length and breadth of the land, that every worker for the physical improvement of the people might know that all were working in harmony for the common good. It was important not merely to call out the energy and enthusiasm of people, but to cultivate and spread knowledge

A celebrated divine has said that when the period of the Millennium comes the lives of the living will be young when they die at 100 years of age. His qualification being that the human constitution will be more perfectly understood, and its contingencies more naturally attended to.



# THE GREEKS AND PHYSICAL CULTURE.

By T. M. Davidson, M.A., B.Sc.

ONE of the charms of a sculpture gallery is the representation in marble of perfect types of manhood. The beauty of the human form, the countenance revealing the soul within, and the outward symmetry of the body have all been idealised in sculpture, and particularly in that of ancient Greece.

We only require to study Greek sculpture a very little to realise the influence of religious belief on art. The Greeks believed that they were descended from a race of heroes, and that the heroes were descended from the gods. That belief prompted them to love the beautiful in all its forms, and to strive to reach it in life and art. The Greeks were fully alive to everything that maintained the health and grace of the body. They lived very temperately themselves, and gave their children very simple fare. They attached much importance to gymnastics in the training of the young. They were also very fond of outdoor sports, and games formed an important part of every religious festival.

You can readily understand, therefore, where so much importance was attached to athletics that athletes would be favourite subjects with great sculptors. The principal works which have come down to us, however, are not realistic studies, that is to say they are not portraits of particular athletes in which we so often see abnormal muscular development; they are idealistic, and embody the Greek conception of the end of all education, namely, a fair mind in a fair body, or, as the Romans expressed it, *mens sana in corpore sano*, "a sound mind in a sound body."

In "Plato's Repubic" Socrates is asked if the purpose of gymnastic training is to strengthen the body only. He replies that the body is strengthened as a matter of course, but that the true end of all athletics is to make the body the servant of the mind. "The mind," says Socrates, "must be the master, and be trained to keep the appetites and desires of the body in firm control."

I shall now refer you to the copies of three famous statues of athletes. One is represented in the act of throwing a disc, another in carrying a spear, while a third is a wrestler who is scraping the oil and sand off his body after a wrestling bout. These statues are still referred to by their original titles—the Discobolus, the Doryphorus, and the Apoxyomenus respectively. They illustrate three of the events of the great Olympic games, and we shall refer to them in detail.

### THE DISCOBOLUS.

This is a most remarkable work of art. The original was in bronze, and is lost. Several marble copies exist, but vary amongst themselves in detail. The finest of these marble copies is in a private collection in Rome. There is a marble in the Vatican, of which the cast in your own museum is a copy, and one in the British Museum.

When we look at this figure carefully, we are struck with the attitude of the disc-thrower. It represents a particular moment—the moment of poise before the throw. The athlete has swung his right arm back to its greatest limit, the body is balanced for a moment on the right foot, the chest is inflated, the abdomen contracted, and every muscle of the body is strained and ready to take part in the forward swing. The figure seems so endowed with life that we almost anticipate the next movement, and in imagination see the right arm thrust forward, the figure straightened, and the disc flying through the air.

Myron, the sculptor of the Discobolus and many other famous works, lived and worked mainly in Athens. He was recognised as a great master in the art of casting bronze. His work belongs to the Transitional Period of Greek sculp-

ture (480-450 B.C.), or that immediately preceding the Golden Age. Reference must here be made to his famous Ladas, which was regarded as one of the masterpieces of antiquity, but of which, unfortunately, no copies exist. Ladas won the long foot race at Olympia, but expired at the moment of victory. Myron's statue is said to have depicted the young athlete as he reached the goal with the supreme effort which gained him the victor's crown, but which cost him his life.

THE DORYPHORUS (NAPLES).

The Doryphorus, or spear-bearer, by Polyclitus, was originally in bronze, and is only known to us through Roman copies in marble. It represents a young athlete of heavy build, who carries a spear (now broken), over his left shoulder, and is advancing towards us.

We may infer at a glance how formidable an opponent this athlete would be in an encounter where strength and endurance were required; he would be difficult to move, and slow to yield. The figure, however, though giving evidence of great muscular strength, is lacking in the graceful qualities which are so characteristic of the other works attributed to the Golden Age. This statue is a very interesting one, as the original was known as the Canon, or Model. This name was applied to it because the relations of the parts of the body to one another, *i.e.*, the size of the head to that of the body, the size of the hand to that of the arm, etc., were considered to be correct for an ideal figure in bronze or marble. Polyclitus, the sculptor, was a native of Argos, and his work falls within the Golden Age (450-400 B.C.).

THE APOXYOMENOS.

I think the wrestler scraping the sand and oil from his body is the most graceful figure of the three statues referred to. There is an agility and alertness in this athlete which is wanting in the spear-bearer; we imagine he would be swift to run or leap. The face, too, is more refined, and to my mind the work comes nearer the high ideal of "the mind in the body."

Lysippus, the sculptor of the Apoxyomenos, was a native of Sikyon, and his work falls within the second period of the Golden Age (400-325 B.C.). The original, like the other works referred to, was also in bronze, and is only known to us through copies.

THE OLYMPIC GAMES.

I have already remarked that athletic contests formed an important part in the national life of the Greeks. These contests were held at different places in Greece, and notably at Olympia, Athens, and Delphi.

Of all the athletic contests, those held at Olympia were the most famous. The Greek Olympia has been called "the noblest spectacle in the world." It took place every five years, and was the most important event in the life of the nation. It was a religious festival, and the athletic contests were as important a part of the festival as prayers, sacrifices, and feasts. A sacred month was declared throughout the whole of Greece, and all roads leading to Olympia were safely guarded, so that all might have safe conduct to and from the festival. Thither came sacred deputies from the various states and colonies of Greece with rich offerings and sacrifices, merchants to buy and sell, athletes from all parts of Greece to strive for the victor's crown, and thousands of spectators to witness the various contests. Truly such a gathering may well have been called "the noblest spectacle in the world!"

The principal events engaged in by the athletes were foot racing, chariot racing, leaping, wrestling, boxing, and throwing the disc and spear. At one period a combination of five events called the pentathlon was introduced, and the winner required to be the best in three. The competitors stripped to the skin, and anointed themselves with oil to keep out the cold; the wrestlers sprinkled themselves with sand in addition.

The judges, ten in number, and men of high repute, were very careful about two things, namely, the descent and the character of all intending competitors. The Greeks called themselves Hellenes, and all other peoples they called Barbarians. Now, no Barbarian, or one of mixed blood, or descendant of a Greek slave, could compete in the games,

and all competitors required to prove by witnesses that they were of pure Hellenic descent.

Nor was this all. Even a pure Greek could not compete if anything were known against his moral character. The athletes required to take an oath in regard to these matters at the altar in the temple, and to swear that they would use no foul means to gain the prize.

In earlier times the prizes were of considerable value. In Homer's "Iliad" there is the first description of Greek sports. These were held in honour of Patroclus, a young Greek warrior, who had been slain by Hector in the Trojan war, and the prizes consisted of armour, vases, horses, etc. In later times the only prize was a crown of wild olive. This coveted prize, however, brought great honour with it, and the victors were held in the highest esteem.

"THE CROWN OF WILD OLIVE."

In concluding this article on Greek games, I shall quote two well known references to the coveted crown of wild olive.

Mr. John Ruskin entitles one of his books "The Crown of Wild Olive," and the following extract is from the preface of that book:—

"The Greeks knew that life brought its contests, but they expected from it also the crown of all contest. No proud one . . . only some few leaves of wild olive, cool to the tired brow, through a few years of peace. It should have been of gold, they thought, but Jupiter was poor; this was the best the god could give them. The wreath was to be of wild olive, mark you—the tree that grows carelessly, tufting the rocks with no vivid bloom, no verdure of branch; only with soft snow of blossom and scarcely fulfilled fruit, mixed with grey leaf and thorn-set stem; no fastening of diadem for you, but with such sharp embroidery! But this, such as it is, you may win while yet you live; type of grey honour and sweet rest."

Then the Apostle Paul, writing to the Christians at Corinth, knew they had often been spectators at the great national festivals and sports, and in his exhortations he very fittingly contrasts the race of the Greek athletes and their prize—a corruptible crown of leaves which only one might obtain—with the Christian race, in which all who run may obtain the prize of a crown incorruptible and that fadeth not away. "Know ye not that they which run in a race run all, but one receiveth a prize? So run that ye may obtain. . . . Now they do it to obtain a corruptible crown; but we an incorruptible."

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## SUGAR AS FOOD.

I BELIEVE that much harm has already resulted from the widespread report that German soldiers are supplied with sugar as a part of their rations. So many people say, "I am going to eat lots of sugar. I've been reading that the German authorities consider it such a healthful food." They do not stop to think how different are their needs from those of the German soldiers.

A soldier on the march requires a great deal of heat and energy, which sugar produces without being as difficult to carry as other carbonaceous foods. But condensed foods of any kind are not the best for healthy people in ordinary conditions of life. Malted milk tablets and other condensed foods are valuable for a short time to travellers and invalids, but an active man could not keep well long on these foods.

Our bodies contain more perfect laboratories than any food factory built by man, and Nature demands that they be used, if we would keep healthy.

If food is eaten in accordance with the laws of Nature, the digestive organs will elaborate sugar from nearly all fruits, cereals and vegetables; so that, with a mixed diet, we have no need of the sugar produced at factories from cane or beets.

Time has not yet proved that pure sugar is the best heat producer—even for the German soldier—but let us remember that different conditions call for different treatments. Usually when sugar is eaten with other foods it causes fermentation in the stomach, which interferes with digestion.

Eating more sugar than one's system can use is like pouring coal on the fire with all the dampers turned off. Sugar must be oxydised before it becomes useful, just as coal must have oxygen and burn before it can add to our warmth.

When we can trust our human laboratories to make, from the simple natural foods, the sugar we require, we should still be careful not to eat too freely of the carbonaceous foods, lest our systems become clogged.

Considering the illness and number of deaths caused by sweets, cake, pastry and sugared fruits, is it not a question whether we would not be better off had the wonderful art of making sugar never been discovered?

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[1] ACCORDING to the latest census there are 266,760 Indians in the United States.

# OUR PHYSICAL CAPITAL.

SIR JOHN GORST has a long record of public services behind him, but I doubt, says a writer in *P.T.O.* whether he has ever rendered a greater service to his fellow-countrymen than by the labour of love he has devoted to his recently published book, "The Children of the Nation." His wide grasp of the subject, with which he is eminently qualified to deal, and the outlook of broad, lofty statesmanship that informs its every page, makes this volume a book that no man who loves his country, or has any concern for her real greatness, can afford to overlook. Its object, he tells us, is to bring home to us "a sense of the danger of neglecting the physical condition of the nation's children." That there should be need for the warning is a sufficiently grave indictment of our civilisation. "The children of the nation," it has been finely said, "constitute its physical capital wherewith it will have to face the future." What account shall we give of our stewardship of this capital when, only two years ago, in the House of Commons, we had Sir William Anson admitting that in London alone we have "60,000 who are physically inferior, and who cannot get the benefit of the teaching in the schools." In the country as a whole there are over half a million of them; and yet we gravely go through the farce of appointing Royal Commissions to inquire into the causes of physical deterioration.

### CAUSES OF PHYSICAL INFERIORITY.

For what is this "physical inferiority" which reduces the vast and costly machinery of our educational system to inefficiency? First and foremost, as Sir John Gorst insists, to underfeeding. His whole book is only another strong voice raised in the wilderness to give utterance to the bitter cry of the underfed. There are, no doubt, other causes that war against the health of the children of the very poor. Insanitary surroundings, slum life, the physical inferiority of their parents, are all hostile forces. But it has been shown over and over again that the growing child can and does overcome these disabilities, provided it can obtain a proper amount of nourishment, enough food to build its body up to be physically capable of playing a winning game in the struggle of after-life. For the majority of the underfed, in ninety-nine cases out of a hundred, are more—a good deal more—than half-starved. That is the plain English of it, but "underfed" is a smoother phrase. If the subject were not so serious there would be a sort of sardonic comic opera humour in the idea of a nation spending upwards of thirty millions a year in providing an educational system for children of whom a substantial proportion of those who need it most are physically incapable of gaining any commensurate benefit therefrom.

### HUNGER PREVENTS LEARNING.

If you have ever tried to teach a half-starved child anything, you will have realised the futility—not to speak of the inhumanity—of it. If you doubt it, try starting the day on a crust of bread and a cup of water, the prospect of a stray snack of something "tasty" and of hardly any nutritive value) at mid-day, and, with luck, another hunk of bread at the end of the day; and, then, after a few days of this régime, see how fit you feel for any intellectual exercise, and how easy it is to concentrate your attention on any given subject. Yet this is the material wherewith our educational machinery has to work to the tune of 60,000 in London alone.

What the layman does not, as a rule, realise (and Sir John Gorst's book will be particularly instructive here) is the vital importance of adequate nourishment in childhood for the whole course of later life. Food in an adult may be likened to the fuel that keeps the machinery going and in working order. But in the case of a child it not only fulfils this function, but also builds the machinery up.

# IN THE ARENA OF SPORT.

### CHELSEA'S LOSS.

The general public will be surprised to hear that Mr. "Jock" Robertson has resigned his position as manager of the Chelsea F.C. Mr. Robertson, who will be remembered as the old Southampton half-back, has had a brilliant career in the football world. He has gained 23 international caps for Scotland, and led his native country on to victory in three matches. At the time of his appointment as manager of the Chelsea Football Club—a position he held from its inception—he was captain of the Glasgow Rangers. In addition to acting as Chelsea's manager he turned out for them on more than one occasion, and this season surprised Bassett by his clever work when he played against West Bromwich Albion.

### A SOUND PLAYER.

Archie Cross, for whom a benefit match was recently played between Woolwich Arsenal and Sunderland is a local youth, and a great favourite in the big gun town. In the closing stages of the Arsenal's Second Division career he put in sterling work, and gave a fine series of displays extending over 25 games out of the 34 set down for decision. Whilst, with the engagement of Gray, Cross has not played regularly in First Division football, he has on numerous occasions assisted his club in their First League games, and it is safe to say that he has never lost his position through any weak or unsatisfactory exhibitions. He has played in some of the hardest matches, and the fact that he was selected for last year's international trial match at Fulham, at a time when he was standing down from the Arsenal team, was a flattering tribute to the high standard of his play. Cross is of splendid physique, the very build for an ideal back, and is invariably to be found in good condition. Intrepid to a degree, he never allows himself to believe that an opponent has beaten him, and his hard tackling and rapid recovery, coupled with his ability to support his forwards, or turn his attention to work at close quarters, stamp him as an intelligent and resourceful player.

### SOUTHEND'S ROLLERS.

The roller skating season at the Pier Pavilion, Southend, is now in full swing. Ever since the season started the patronage has been wonderful and far in advance of last year's maximum already. A special season arrangement has been made whereby for a guinea payment subscribers have the full advantage of twenty weeks' use of the rink as often as desired; the "season" also giving free admission to all carnival and special days. Ordinary admission to the rink costs 6d., inclusive of pier toll. Every three weeks the management will give carnivals, when ladies and gentlemen will be able to compete, races being arranged for either sex, doubles, and fancy dress events; the prizes being gold and silver ones. The floor this season is far and away an improvement on last year; there being an entire absence of the dust nuisance, whilst a band will play at 3 and 8 o'clock each day for the amusement and entertainment of visitors. It is intended to hold a big carnival during the Christmas holidays.

### "CASUALTIES."

Up to the end of November, 11 American footballers have been killed and 104 injured, as against 18 killed and 159 injured in 1905.

### FOSTER'S CONFESSION.

Speaking at the annual meeting of the Worcestershire County Cricket Club, Mr. H. K. Foster said that fast bowling on unprepared wickets was unsafe. He admitted that when the Australians were at Worcester he got out to Cotter because he funked him.

### NOVEL WALKING CONTEST.

George Dennett, a sixty-one year old resident of Birchington, is making a bid for local notoriety by starting on a 260 miles walk to Hull.

The long distance veteran walker, who is to be accompanied on his journey by Mr. A. H. Pemble, also a local resident, had a most enthusiastic send off, but, although he was in the best of spirits, doubts were expressed as to whether he would accomplish the feat, considering that he has to drive a single wheel barrow the whole distance.

Dennett hopes to complete the journey in twenty days. It is understood that both Dennett and his companion will depend upon the contributions collected on the road for their expenses.

### IN THE FAMILY.

J. C. Jenkins, the London Welsh and old Newport forward, who has just got his Welsh cap, held a commission in the Yeomanry in the South African campaign. He is now the secretary of the new Welsh Club in Whitehall. His wife is a sister of L. R. Roose, the Stoke goalkeeper.

## SHARKEY'S ADVICE.

SAYS THEY SHOULD QUIT AFTER SECOND TIME LICKED.

TOM SHARKEY has been giving some excellent advice to boxing champions of all kinds, and his ideas are so much to the point that one almost regrets that "The Sailor," has not also taken up other topics to give his opinion on. Sharkey has let off the following :—

"If fighters would quit the ring after they get two good lickings there would be better fights fewer fatalities, and room in lunatic asylums.

"On the level," continued the Sailor, "there's more crazy men in the ring to-day than people have any idea of, and it's all because they just love to get licked. I quitted the game when I thought there was no chance to be a champion. There's no use sticking at the game, losing this week, winning the next, and always taking a flyer at being champion. These fellows go crazy before they ever get near the top, and it's the same crowd that cause all the trouble. They go crazy in the ring, fight mad, and think ghosts are beating them.

"Every man is good in the ring until he gets one or two hard beatings then he's dead so far as fighting is concerned. All of our best men have fought one or two great battles and then have gone back.

"John L. Sullivan quit the first time he was licked. John had the right idea. He met a better man and let it go at that. Corbett lost to Fitz at Carson in a gruelling battle, and was never good after that. Fitz never came back after Jeff beat him that second time. He can still fight, but he isn't the same Fitz.

"Young Corbett fought Jimmy Britt a terrible battle in Frisco. He was declared the loser. It took the heart out of him, and he has never been the same. Jimmy Britt was knocked out by Nelson after a terrible licking, and it looks as though he is on the toboggan. Terry McGovern was never the same after Young Corbett walloped him twice. Terry is a great little fighter, mind you, but he is not the Terry he used to be.

"Jeffries knocked all the fight out of me. I wouldn't fight that fellow again for one million dollars.

"Fighters—I mean men who win by slugging—drop out of the game quicker than the boxers. A clever fellow isn't hurt much in a fight, but it's the bruising fighter who wins by strength and ability to take it who dies quicker.

"Look at Kid Lavigne. He was out of his head a few years ago. So was Kid Carter, so was New York Jack O'Brien. They take too many lickings.

"They never seem to know when they get enough of the game. I'd let them lose twice and then throw them out. A champion never came back yet—so what is the use of letting these fellows get daffy trying to win out?"

## BIG BENEFIT CHEQUES.

ON his thirty-third birthday, J. T. Tyldesley, the famous Lancashire professional, was presented with a cheque for £3015, being the net proceeds of the match set apart for his benefit in August last by the Lancashire committee. This is the highest sum any Lancashire professional has ever received from a benefit, the next largest amount being Arthur Mold's £2000. The record sum is £3500, handed to George Hirst by the Yorkshire club in 1906, nearly 80,000 spectators paying for admission during the three days on that occasion. The net proceeds of Walter Lees' benefit match at the Oval in July amounted to, roughly speaking, £2120. This sum is independent of any moneys that have gone to Lees direct without passing through the hands of the Surrey club.

## OLYMPIC GAMES.

PROPOSAL TO PROVIDE AN ARENA TO SEAT 100,000 PEOPLE.

LORD DESBOROUGH, chairman of the British Olympic Association, writes to state that the Council of that body have decided that the fourth celebration of the original series of Olympic games shall be held in London in July, 1908.

The Crown Prince of Greece has sent his best wishes for the London meeting, and assurances of enthusiastic support have been received from nearly every one of the great associations that control sport in the United Kingdom, who have in each case delegated an official representative to serve on the British Olympic Council.

A proposal is being considered whereby the necessary buildings, track, enclosures, and an arena to seat 100,000 spectators will be provided free of expense to the Olympic Association. The prizes will consist of certificates, with gold, silver, and bronze medals. Certain challenge prizes have also been offered by private individuals or societies.

## LANCASHIRE LOSE BY GENEROSITY.

THE annual report of the Lancashire County Cricket Club states that during last season 91,139 people paid for admission to Lancashire matches, and that the total receipts at the gates and stands were £3042—exclusive of the amount received at Tyldesley's benefit match. The professionals in county matches received £1553, and the expenses of the amateur members of the team were £539. The year's working, after a payment of £850 towards the redemption of the amount paid for the purchase of the land, shows a deficiency of £423. The surplus assets, not including the pavilion and stands, are valued at £13,802. The amount abstracted from the ordinary revenue of the club by Tyldesley's benefit was £2361. The number of ordinary members of the club is 2779, and there are 738 lady subscribers.

## SANDOWITE WINS CHAMPIONSHIP.

IN an exhibition at Newcastle-on-Tyne recently, Mr. A. J. Steel defeated W. Wint, of Gateshead, for the club swinging championship of the North. After conceding ten points' start the former easily beat him by 40 points—120 to 80. Mr. Steel is a well known Sandowite.

## Common Symptoms of Neurasthenia.

DR. EDWARD LIVINGSTONE HUNT enumerates and analyses the states of mind, which, balanced with nicety between two poles of normality and insanity, characterise the condition called neurasthenia.

Mental irritability is an invariable accompaniment of neurasthenia. At times it becomes so great that even those dearest to the patient annoy and irritate. Every subject brought up in the family circle is the cause of heated discussion and argument. So slight a thing as the tone of the voice is taken to denote controversy. Nothing can be spoken of calmly. The asking of a single question opens the flood gates of temper and irascibility. This irritability is a fairly constant symptom, even in the mild cases. It is one of the most trying and one of the most deserving of sympathy. Perhaps it is the one which the physician most rarely sees. It is especially marked after exhaustion, undue fatigue, or excitement.

### WEAKENED ATTENTION

is another fairly constant symptom. The patient finds great difficulty in listening to any prolonged discourse, even in following ordinary conversation. The interest may be fervent, but the attention flags. Common accompaniments are gaping and yawning.

### DEPRESSION, DEEP PESSIMISM.

The consumptive and the victim of cancer are blessed with hope. Their state is one of optimism. Not so the neurasthenic. His state of mind is one of profound depression and deep pessimism. He is hopeless. Even the recital of a parallel case showing complete recovery still leaves him doomed, the one exception. It is a depression of varying degree, at times more profound than at others. The state of the atmosphere and the time of the day are factors in determining its intensity. A dark day, in the forenoon, is apt to cause the deepest depression. On the other hand, the greatest irregularity may prevail, and I know a patient to be equally depressed on a bright morning. The difference between the depression of the neurasthenic and that of the melancholic is difficult to define; it is really only one degree.

### INTROSPECTION.

If there is one symptom beyond all others which belongs to neurasthenia it is introspection. With the first appearance of neurasthenia comes introspection—indeed, it is often the forerunner. The patient studies himself, with great care he observes each one of the bodily functions, he measures the urine, he saves the fecal matter, he examines the saliva. He watches the physician in his routine examination, and himself quickly learns to note the colour of the mucous membranes, the whiteness of the cornea, and the clearness of the tongue. It is quite usual for many patients to take the pulse, while others keep a clinical thermometer and each morning record the temperature. The introspection is, I might say, an almost universal symptom, and seems to be among the first, if not the very first, evidences of a disordered nervous system.

The neurasthenic thinks slowly. He becomes easily confused and agitated, and with difficulty can carry out a train of thought. The condition is very constant, and, with varying degrees, is found in almost every case.

### LOSS OF MEMORY.

The symptom of loss of memory is, I believe, more common among women than men. This may be due to the fact that of the two, the male mind is the better trained. It is fairly constant, although not always present in mild cases. It is of great irregularity, in that on some days it is much worse than on others. It is more a loss of memory for recent events and things, than for those more remote or of childhood. It seems to be largely due to imperfect cerebral co-ordination, to slow cerebration, and to a lack of receptivity, combined with a weakened attention. As a symptom, it strikes great terror to the patient, and does incalculable harm in advancing the case.

### OBSESSIONS, IMPERATIVE IDEAS, AND IMPULSES.

These are frequently found among the almost normal, among the neurasthenics, and among the insane. According to

Berkely, they are more common in neurasthenia than in insanity. Heredity and environment can best explain their presence. To the neurasthenic the obsessions present themselves in many and varied forms, and for the time being take complete mastery. They come unexpectedly, and, therefore, inopportunely, and demand complete attention, as well as absolute obedience. Unless yielded to, the patient remains in a condition of great unrest and mental distress.

## Sudden Death.

SUDDEN deaths do not come from heart disease one case in twenty, but from congestion of the lungs or brain, or from apoplexy. More die from congestion of the lungs than of the brain, and more of congestion of the brain than from apoplexy.

Sudden death from heart disease is usually caused by rupture of some large artery near the heart; from congestion of the lungs, by instantly stopping the breath; from congestion of the brain, by causing pressure on the brain, which paralyses and instantly destroys life; from apoplexy, by hemorrhage in the brain.

Heart disease most frequently results from neglected or improperly treated rheumatism. It more often follows mild rheumatism than the severe kind, because severe rheumatism receives prompt treatment, while the mild form is often neglected and left to work its way to the heart.

Persons who suppose themselves suffering from heart disease because they have pain in the region of the heart, or palpitation, seldom have any disease in that organ. In nine cases out of ten they are sufferers from dyspepsia —nothing more.

Congestion of the lungs is most frequently caused by the sudden change from the heat of an ill ventilated room or railway or tramcar, to the cold air outside, without being protected by sufficient clothing, hence, many persons thus seized drop dead in the streets.

Congestion of the brain most frequently results from trouble and anxiety of mind, producing sleeplessness, followed by an engorgement of the small blood vessels of the brain, sudden loss of vital power, and almost instant death. Apoplexy may be an inherited disease, or it may be induced by too free living, or its opposite, too great abstemiousness. Paralysis may affect only a small portion of the body, from a finger or toe to an entire limb, or it may disable half the body, or the whole body, when death soon follows. When half the body is affected with paralysis we may be certain that the seat of the disease is in the opposite side of the brain, because nerve fibres cross. Partial paralysis is often temporary, when caused by the rupture of a small blood vessel, if the clot is got rid of by absorption or otherwise.

### A BACTERIOLOGICAL TRAGEDY.

A gay Bacillus, to gain his glory,
Once gave a ball in a laboratory.
The fete took place on a cover glass,
Where vulgar germs could not harass.
None but the cultured were invited
(For Microbe cliques are well united),
And tightly closed the ball-room doors,
To all the germs containing spores.
The Staphylococci first arrived—
To stand in groups they all contrived—
The Streptococci took great pains
To seat themselves in graceful chains,
While somewhat late, and two by two,
The Diplococci came into view.
The Pneumococci, stern and haughty,
Declared the Gonococci naughty,
And would not care to stay at all
If they were present at the ball.
The ball began, the mirth ran high,
With not one thought of danger nigh.
Each germ enjoyed himself that night,
With never a fear of the Phagocyte.
'Twas getting late (and some were "loaded"),
When a jar of formalin exploded,
And drenched the happy dancing mass
Who swarmed the fatal cover glass.

. . . .

Not one survived, but perished all
At this Bacteriologic Ball.

J. Lee Hagedorn, M.D.,
*Practitioner.*
Los Angeles, in Southern California.

Note.—*Staphylococci*—microbes found in pus. *Streptococci*—microbes united in a chain. *Diplococci*—microbes united in pairs. *Pneumococci*—microbes of the lungs. *Gonococci*—microbes of gonorrhœa. *Phagocyte*—white blood cell ("warrior" cell), the function of which is to destroy the disease producing bacteria. *Formalin*—an antiseptic which will destroy microbes.

# READERS' CLUB.

President - - EUGEN SANDOW.

*Motto:*—One may Help Many.

For the exchange of Ideas, Personal Experiences and Photos for the encouragement of Club Members.

Every Reader of "Sandow's Magazine" is a candidate for Club Membership.

Members are expected to act up to the Club Motto, and the President will award the Club Fellowship Medal to those Readers who qualify for its possession by

(1) Contributing a letter or experience worthy of publication, and by

(2) Introducing this magazine and advocating Physical Culture, to not less than fifty friends and acquaintances. To secure the Medal the qualifying Reader must send in the names and addresses of the fifty to whom the copies have been distributed, together with a "cutting" of the published "Letter," bearing date of issue, as well as stamp for postage of the Medal.

The fifty specimen copies are supplied free and carriage paid to qualifying members. In the case of foreign and colonial Readers, the sending of fifty names and addresses will be considered as entitling to the Medal.

*No medals will be sent unless application is made.*

### Physical Culture in Hong Kong.

News from abroad is always interesting, and I am indebted to Mr. N. H. Alver, a member of the Readers' Club in Hong-Kong, for a copy of the programme of a smoking concert given at the Club Lusitano by the Portugese, in aid of the Typhoon Relief Committee. I am pleased to note that physcial culture items gave interesting variety to the programme, and the nature of these items may be given for the benefit of concert promoters on this side. The first item consisted of a demonstration of the Sandow system, including dumb-bell contraction. After the interval, the following physical culturists gave a series of poses: Messrs. C. E. Remedios, F. X. Boletho, J. M. Pereira, J. M. Lopes, J. C. Barretto, N. H. Alves, A. V. Bavios, and J. A. S. Alves. These were followed by feats of strength, including card tearing (front and back of the body), teeth power and card tearing over head, bar-bell lifting, lying position, chair bridge, and a feat called "the tomb of Hercules." All the items were well received, especially the latter, in which Mr. J. A. S. Alves upheld five men with weights attached. The proceeds of the concert amounted to nearly £100.

Elsewhere appears a report of the doings of the Birmingham Natural Health Society. The library of this club is a valuable feature, and might be copied by other societies. Mr. A. J. Morris, the treasurer, writes me as follows:

Our library contains some of the books which you have published, and your magazines, with others of current issues, are circulated among the members by the means of a magazine section started some time ago. If you would care to have a photo of our committee, or of any of our camping snapshots I should be pleased to forward them at once. If you think, too, that a short article on our summer camps would be of interest to your readers, I should be most happy to oblige.

[I need scarcely say I shall be very glad indeed to avail myself of Mr. Morris' kind offer, and to send him in return Fellowship Medal of the Club.—The President.]

### For the Benefit of Lazy Folks.

Sir,—You will, I trust, accept this little token of my esteem of your valuable system of physical culture.

I am a reader of your magazine and find a great deal of pleasure and help in reading it.

For instance, if I begin to get lazy (which I am afraid is a rather hard complaint to combat) I take down one of your magazines and read the doings of the several writers in the Readers' Club. This, I find, makes one once more enthusiastic.

It is now some years since I began the exercises given in "Strength and How to Obtain It." It was, I think, about six months before you gave your exhibitions in this city that I started. The exhibitions, I might add, I thoroughly enjoyed. It was then that I got the Developer which I now use. I exercise with the Chest Expander in the evening and the Developer in the morning.

The exercises have cured me of biliousness which at that time I was very subject to, but now I seldom have as much as a headache.

I was also rather round in the back and as I am close on six feet in height it looked rather bad, but I am glad to say that the exercises have also done this a world of good, and instead of having the size on my back I now have it on my chest.

I eat everything going, but only drink pure milk and plenty of cold water. I never touch tea.

My favourite sports are cycling and cricket, and I must give you your credit for some of what little I can do in these pastimes.

I am writing this for two reasons; firstly, to thank you for your services, and secondly (if you think fit to print this in the Readers' Club) to help any who may at times get lazy like myself. I have converted at least three to the Developer. R. J. H.

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### Health The First Aim.

Ipswich.

Sir,—I have been a student of physical culture under the Sandow System for two or three years and have derived great benefits from use of same. You have been good enough to publish my photo which shows results from training under your System. I have never gone in for weight lifting, wrestling, or boxing, but have simply followed your System with a view to improving my general health. I have no hesitation whatever in stating that the Sandow System is far in advance of all others in this respect. Personally, I consider this to be the best thing to aim at in physical culture, *i.e.*, improvement of general health. One gets rather tired of reading the inane letters of persons who try to assume a standing in athletics they do not possess, particularly so with regard to those who do not go in for it professionally. Competition and rivalry is, I grant you, very good, but if carried too far is liable to ultimately prove detrimental to the better causes of physical culture. I shall certainly continue to recommend your system to my friends.

A. P. Ryley.

[I quite agree that the mere making of muscle should not be the aim of those who take up my system. But I think my correspondent goes a little too far in his condemnation of those who naturally desire to be strong as well as healthy. Still, there is no doubt that health should first be sought, and then strength.—The President.]

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### From Ould Ireland.

Dublin.

Sir,—A couple of years ago I started physical culture by purchasing one of your celebrated developers, and have stuck at it ever since. Day by day I noticed a great improvement in my general health and strength and through perseverance in following out your system of body building in every detail I am proud to say that I have reached that stage of physical perfection which to my mind should be the ambition and aim of every young man who values his life.

When I started taking your magazine, I was greatly struck by the constant advice that you gave to correspondents to "take a cold bath every morning," and I must say that if there is anything in the world that will help towards self-preservation in a man, and make him to feel what the joy of life is—the cold bath first thing in the morning cannot be beaten.

We have a physical culture club in Dublin which meets two nights a week under the instructorship of Mr. James Gillespie, Gymnastic and Jiu-Jitsu Instructor R.I.C. Depot. After the exercises the majority of the members enter a large plunge and swimming bath, which is a grand finish up and acts as a splendid tonic to the whole system.

Your grip dumb-bells are excellent for those who find it hard to concentrate their mind on the exercises. I have nearly every one of your photos framed and hung up on the walls of my room and nothing delights me more than to look at them now and then so as to refresh my admiration for that grand and wonderful creation—the body beautiful. J. C. Cobley.

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### Astonished Himself.

A.D. School of Gunnery, Shoeburyness.

Sir,—Previous to last September I had done a little swimming, boxing and cricket, but at the time of taking up your System I had little or no show of muscle to speak of. In September of last year a young fellow came to this station who had belonged to Mr. Blunt's School in Plymouth, and one day he came and asked me to take up your System with himself. I jumped at the chance, and ever since I have exercised for thirty-five minutes six times a week, and have astonished both myself and many others with my rapid improvement. Your Spring Dumb-bells have been my sole apparatus, and just occasionally I test my strength with lifting different shells, and always find myself more than pleased with the result. If you would care to have my measurements, taken in September and again at the end of March (a period of six months) I shall be only too glad to forward them to you, as I think the improvement has been rather an exceptional one in the time, especially the chest expansion.

(Gunner) G. Tyson.

[I shall be very pleased to receive particulars of Gunner Tyson's measurements.—The President.]

# ANSWERS TO CORRESPONDENTS.

At the request of a large number of readers, the Editor has decided to renew this feature of the magazine. All questions will be answered as soon as possible, but readers must remember that, owing to exigencies of printing, an immediate reply cannot always be assured.—THE EDITOR.

### Cold Sponge Bath.

T. B. (CARDIFF): "Can one in fair health take a cold sponge bath in a room without a fire during the winter months, without injury?"

*Answer.*—Yes, if the bath be taken very quickly. It should not occupy more than twenty or thirty seconds, and a few brisk muscular movements will quickly dry and warm the body.

### ALL WRONG.

X. O. (CARDIFF) writes me a long letter, in which he describes an infinite variety of pains, aches, and bodily discomforts from which he suffers, and asks for advice.

*Answer.*—Now, X.O., you are most unreasonable. In the first place I am afraid imagination plays a large part in your infirmities. But whether this is so or not, how do you expect me to understand your case when you tell me absolutely nothing about yourself. You have told me nothing about your age, occupation, daily habits, and way of living. There is no best remedy for any disease as a disease; the complaint must be treated according to the condition, habits, and temperament of the patient. You had better write again, and tell me whether you drink much beer and spirits, and how old you are. If you do drink much, then you had better discontinue it; for that would be the cause of all your trouble.

### Hæmorrhoids.

L. W. B. (WELLS): "I am a man of fifty-five years of age; my strength is good, but stomach and bowels weak. For about a year I have suffered with hæmorrhoids. Is there any remedy without an operation?"

*Answer.*—Yes. Most cases of hæmorrhoids may be cured by prolonged cold sitz baths. The water should be about three or four inches deep in the tub, with the temperature sixty degrees. The duration of the bath should be from twenty to thirty minutes. The feet should be placed in hot water at the same time, and a woollen blanket should be wrapped about the body to prevent chilling. Prevent constipation by proper diet, kneading the bowels daily, and suitable exercises with Developer and Dumb-bells.

### How to Reduce Fat.

D. A. M. (NORWOOD) has, by thorough mastication of food, and exercise, reduced his weight in one year from 220 to 175 pounds. He is troubled with a large bunch of flabby fat over the abdomen, which he is unable to reduce. Give remedy.

*Answer.*—Massage and fomentation followed with heating compress, should be applied twice daily. The heating compress should be worn constantly night and day, except while fomentations are being applied. Massage should be applied for one-half hour twice daily. The abdominal muscles should be thoroughly exercised daily. An excellent exercise is to lie upon the back and raise both legs as high as possible, repeating thirty or forty times. Do this several times daily.

### Biliousness.

C. B. H. (DUBLIN) would like advice for biliousness and indigestion.

*Answer.*—Avoid meats, sugar, milk, tea, coffee, pastry, greasy foods, rich gravies, and all indigestibles. Masticate the food very thoroughly—at least four or five times as long as usual. Eat fruit very largely, taking pains to chew it well. Use fruit juices freely. Apple juice is particularly beneficial. Take two or three pints daily. Apply fomentations over the stomach at night, followed by heating compress to be worn during the night. Take a cold bath every morning. Live out of doors as much as possible. Sleep near an open window, and exercise regularly.

### Colds—Sore Throat.

E. J. (BATH): "What treatment would you recommend for a cold and sore throat?"

*Answer.*—If the treatment is applied immediately after the cold is contracted, it may consist of a general hot bath carried to the point of sweating, followed by a short cold bath; then go to bed. Three or four glasses of water should be swallowed before, or during and after the bath. Put around the throat a napkin wrung dry out of cold water; cover this with mackintosh, then with flannel enough to keep it warm during the night. Repeat this treatment every night for a few days until the cold disappears. Live out of doors as much as possible. Sleep near an open window. Protect the head very thoroughly so as to avoid chilling. The important thing is to be able to breathe cold air as constantly as possible. Live chiefly on fruit for a few days, and take pains to masticate the food very thoroughly.

### Bad Breath.

E. J. X (PORTSMOUTH) says he suffers from a foul breath, and asks me what is the cause of this.

*Answer.*—Bad breath may be caused by decayed teeth. The deterioration of the teeth is often, if not always, the result of some abnormal condition of the system generally. The saliva may be abnormal and facilitate decay. Indigestion expresses itself in a foul breath. Catarrh of the stomach and the so-called bilious condition usually finds expression in the breath. Too much meat and lack of healthy exercise may be the cause. A diet composed of vegetables in excess may cause it. Worry and loss of sleep may be followed by a foul breath. The real cause of a bad breath is the inability or failure of the system to eliminate the waste products; in common language, the garbage. To promote functional activity by exercise and to live hygienically is the best treatment in all such cases.

### Bitter Taste in the Mouth.

W. P. (ABERDEEN): "1. For some years I have suffered from 'apepsia,' and am troubled with a bitter taste in the mouth that at times is almost unbearable. Please give cause of trouble. 2. State remedy, if any."

*Answer.*—1. Low resistance; possibly dilatation or catarrh of the stomach.

2. Would recommend the free use of apple juice and other fruit juices—a pint and a half or two pints daily. Taken before meals, it is a disinfectant for the stomach and bowels. Masticate the food very thoroughly. Baked potatoes are excellent.

### Biliousness.

B. A. (DURHAM) asks me if biliousness can be cured by fasting.

*Answer.*—Fasting is one of the most effective means of securing thorough-going constitutional reconstruction. It compels the body to feed upon itself. In the rebuilding, defects may be left out, and healthy conditions may be re-established. But this result may be secured by other and generally safer means. It is not so much the withholding of food, but of certain elements of food, which secures the benefits of fasting. It is the proteids from which the system in diseased conditions manufactures the poisons, which give rise to autointoxications such as biliousness, neurasthenia, rheumatism and gout. When proteids are withheld the formation of poisons soon ceases of necessity, and thus the disturbed functions return to their normal state, and health is restored.

By a diet of fruit this condition may be secured as readily as, perhaps more readily than, by any other means. The fruit diet is really proteid starvation, as fruits contain practically no proteids. Light and carefully regulated exercise, with personal cleanliness will soon restore a healthy appetite and a strong digestion.

### Thanks.

The Editor tenders thanks to the following for applying for copies for distribution: A. Broke (Sheffield); W. Brittain (Stamford). P. L. Esler (Belfast); H. Sulsh (Battersea).

Letters have also been received from the following: A. A. Evans (Worcester); G. Cook (Bristol).

### BEEFSTEAK AS A TIPPLE.

A PROMINENT writer on dietetics now makes the assertion that the clamour for beefsteak and mutton chops, ham and eggs, bacon and liver is merely in the line of another form of tipple. The extractives of beef, mutton, ham and poultry are, he claims, as stimulating as brandy, without adding perceptibly to the nutritive value of the flesh from which they are derived. Flesh eaters feel quite as "all gone" without their steaks and roasts as the dram-drinker without his toddy, or the smoker without his pipe or cigar.—*Health Culture.*

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